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DRAWS THE ATTENTION OF HALIFAX POLICE

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"I love the smell of
testosterone
in the morning."

Q104

Inhale...



IN PINK AND IN SYNC

Participants for Sunday's 2012 CIBC Canadian Breast Cancer Foundation CIBC Run for the Cure warm up before the race on Sunday morning at the Halifax Common. The event in Halifax drew thousands of people and raised over \$800,000. Story, page 4. JEFF HARPER/METRO

Fare thee well, Raylene

In mourning. Rankin
Family singer dies of
cancer at age 52

Nova Scotia's musical community is mourning the loss of one of its most recognizable voices, with the death of Raylene Rankin to cancer in Halifax on Sunday.

Rankin is being remembered for the purity of her singing voice and the personal strength that she demonstrated in her three battles with cancer.

Coming from a musical family, Rankin grew up performing alongside her siblings. Eventually, she and John Morris, Jimmy, Cookie and Heather, first known as the Rankin Family and later the Rankins, went from their small home village of Mabou and rose to national and international prominence with their blend of traditional Cape Breton and Gaelic tunes and contemporary compositions. She also had a solo career, most recently releasing

the album *All the Diamonds*, earlier this year.

In a statement provided by publicist Marlene Palmer, Heather Rankin said her sister fought "a very long and courageous battle with grace and dignity and was an inspiration."

"Throughout her struggle with cancer she never ceased to show her concern for her friends and family," she said.

"Right up until her last hours of life, she was still expressing concern for others. She worried for all of her family and friends, a beautiful lady indeed."

CAPE BRETON POST/
THE CANADIAN PRESS

Quoted



"We have
lost a great
musician
and a
wonderful
person."

Rita MacNeil
on Raylene Rankin, pictured

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'Everybody here wants change'

Kaylin Diggs homicide. Lively demonstration calls for an end to violence in downtown Halifax

ANDREW RANKIN
andrew.rankin@metronews.ca

One of Kaylin Diggs' favourite expressions was "Go big, or go home."

With that in mind, his girlfriend, Natasha Roche, and best friend, Christina Gall, set out to organize a fitting tribute for the 26-year-old who died after an altercation in downtown Halifax on the morning of Aug. 11.

That plan materialized on Sunday afternoon, when about 250 people joined them for a demonstration called Stop the Violence and Spread the Love.

In the driving rain, participants marched from Sullivan's Pond across the Angus L. Macdonald Bridge and ended up at the Halifax Common.

Beyond a tribute, the event is meant to put an end to violence in downtown Halifax.

"This is such an important event and rain isn't going to stop us," Gall said. "Everybody here wants change."

For Roche, it was the least she could do for her best friend and love of her life, she said.

"Violence in the city is a serious problem," she said. "I

Quoted

"I want people to start asking questions. We need to make sure this is not a forgotten story."

Natasha Roche, girlfriend of Kaylin Diggs

couldn't stand by and do nothing when I was capable of making a difference."

Elaine Mattatall's son James also lost his life in an attack outside The Toothy Moose in downtown Halifax a week before last Christmas. She marched in a T-shirt honouring her late son and lauded the organizers for their conviction.

"I just wanted to come out publicly and make a statement and support their initiative," she said. "There's a terrible situation in downtown Halifax and something has to be done."

She wants government to enact legislation targeting downtown violence.

"These young men weren't asking for trouble. They were minding their own business," she said. "They weren't brawling in the street. These are terrific young men who had terrific futures."

Erika Jack, 27, is a close friend of Roche's and marched in support of the cause.

"It's amazing to see what she's been able to do," Jack said. "I hope it will make a difference and make people open their eyes to this."



Marquis Diggs, younger brother of homicide victim Kaylin Diggs, walks with others across the Macdonald Bridge on Sunday afternoon to help bring an end to violence in downtown Halifax. ANDREW RANKIN/METRO

Droves of locals turn up for terminal 'sneak peek'



The sleek new Bridge Terminal offers spacious indoor waiting areas and public bicycle storage, among other amenities. RUTH DAVENPORT/METRO

Scores of HRM residents showed up to check out the new Metro Transit Bridge Terminal in Dartmouth, a day before its official opening.

Metro Transit hosted an open house at the new \$14.7-million centre, allowing people to wander through the new climate-controlled waiting areas, and familiarize themselves with the layout. Dozens of Metro Transit staff members were on hand to answer questions and pass out cake.

The building features dozens of monitors displaying arrival times for buses, public bicycle storage, space for a retail kiosk and a landscaped

By the numbers

23,000

The estimated number of people expected to pass through the terminal every weekday.

green roof.

For Matt Pardy, a Dartmouth resident and regular transit user, the indoor waiting areas are a vast improvement over the paltry few bus shelters at the Dartmouth Sportsplex Terminal.

"It'll be really nice in the wintertime," he said. "Over there, you were huddled in those shelters with a hundred

people, with the wind and all that stuff."

Pardy said the arrangement of 16 bus bays around a single central island and pedestrian access from both Thistle Street and Nantucket Avenue will make transfers much easier.

Though some open-house participants questioned the multimillion-dollar price tag, transit user Debbie Cameron said the improvements to passenger safety justify the cost.

"It'll definitely be easier, with the bays all lined up," she said. "The other one, you'd see people scooting behind and between buses."

It opens on Monday.

RUTH DAVENPORT/METRO

Traffic accident

Pedestrian hit in Dartmouth dies

A 19-year-old man who was hit by a car while crossing a Dartmouth street last week has succumbed to his injuries.

Halifax Regional Police issued a release on Sunday to say the man had died. The victim was traversing

a crosswalk at Pleasant Street and Carleton at about 9 p.m. on Monday when he was hit by a car travelling south on Pleasant. The driver wasn't hurt and stopped immediately after the accident.

So far, police have not laid charges. The investigation is ongoing. The victim has not been identified.

METRO

Narico Downey case

Reward offered in unsolved homicide

The July homicide of a 23-year-old North Preston man has been added to the province's Rewards for Major Unsolved Crimes program.

Narico Downey died of a single gunshot wound on Downey Road on July 29, and police have made no arrests.

"We encourage anyone who has information regarding Mr. Downey to please come forward and help police," Justice Minister Ross Landry said in a statement.

The province is offering a reward of up to \$150,000 for information leading to an arrest and conviction in the case, which is one of 10 homicides in HRM this year.

METRO



Narico Downey CONTRIBUTED

1 NEWS

On the web



Qriket

Just when you thought society couldn't get any weirder, along come Bagel Heads. Scan the code to find out how to become one.

Run raises big bucks for breast-cancer research

Worthy cause. Annual fundraiser draws 7,000 participants in Halifax

Less than a month ago, 36-year-old Rachel Connolly started chemotherapy for an aggressive form of breast cancer.

She will also have one of her breasts removed.

But her challenging circumstances didn't prevent the mother of two from joining 7,000 participants in the annual Canadian Breast Cancer Foundation Run for the Cure on Sunday morning in Halifax.

One way or another, each of the participants have been touched by the disease that will strike one in nine women.

Most wore T-shirts with the names of family members or friends who have either survived or succumbed to the disease.

Fighting back the tears, Connolly said seeing all the participants Sunday bolstered her spirit.

"It's definitely comforting to know that I have the support," she said.

Connolly was joined by a legion of family members, including her two children, husband and mother.

Her mother, Sharon MacLean, was with her every

Various donors

The annual fundraiser benefited from several generous individual donations, such as six-year-old Skylar Nixon's \$1,500, and team and corporate donations that go directly to supporting breast-cancer research.

Money raised

\$850,000

The amount raised for Halifax 2012 CIBC Canadian Breast Cancer Foundation Run for the Cure.

step of the way and agreed with her daughter's sentiment.

"It reminds you that you're not alone — that's the big thing," said MacLean. Maureen Flemming, 56, needed no reminder of that.

One of about 200 survivors who braved Sunday's gloomy skies, she's participated in the event for the past eight years.

Cancer-free for 10 years, she got through the ordeal with the help of family, particularly her husband Terry, who she said helped every step of the way.

The Run for the Cure is



Participants in the Run for the Cure start the race on Sunday morning at the Halifax Common. JEFF HARPER/METRO

just an extension of that family, she said.

Volunteer director Steph-

anie Hale said she was thrilled by the turnout, which was up by about a

1,000 from last year.

"It's amazing," she said. "Everybody's here for a rea-

son; it's a cause that's close to our hearts."

ANDREW RANKIN/METRO

Party show's call for students to 'let loose' worries cops

University students are used to being tested on exams, but a new web series is grading them on how well they "let loose" with the books closed.

Beer4Breakfast is travelling to different university towns across Canada, including Halifax, to determine who throws the best house party, something that is causing concern to local police agencies.

Party producer

"We're just flies on the wall. We let the party unfold."

Michael McCrudden
Beer4Breakfast producer

The winning house receives an all-inclusive getaway.

"We're trying to expose what a different group in a

different town can bring to the table," said show producer and co-host Michael McCrudden.

Last week, the first episode was released from Hamilton, Ont., and there are plans to visit at least 12 more cities, including Halifax, which McCrudden calls a "heavy hitter."

But Halifax Regional Police say they will take proactive measures if it does

come here, and want to meet with McCrudden beforehand.

"It's always a concern when something is held with the sole purpose of drinking," said force spokesman Const. Pierre Bourdages.

"We're going to make sure it's organized and not dangerous for anybody."

To be chosen, students submit a video of their house and describe what kind of

party they would throw.

Beer4Breakfast then supplies music, a bartender, security, and a professional photographer. They also have a guest limit.

"We're not going to push people to do things they don't want to do," said McCrudden.

The series has already drawn negative attention in London, Ont., where the city's police chief declared

his force would shut down a Beer4Breakfast party.

And an already-held party in Hamilton, Ont., was broken up early by police.

HALEY RYAN/METRO

Online

For more local news, go to metronews.ca



Donation

IWK Health Centre gets big boost

The IWK Health Centre has received a \$10-million donation from a family in Ontario.

The children's hospital says the donation from Myron and Berna Garron is the largest in its history.

CEO Anne McGuire says the money will support the creation of a new acute

mental-health inpatient unit, a neonatal intensive-care unit and a new suite of women's health-care facilities at the hospital. Myron Garron is originally from Westport.

"This historic donation demonstrates the family's deep commitment to our region's most critically ill children, youth and women," Jennifer Gillivan, president and CEO of the IWK Health Centre Foundation, said in a statement.

THE CANADIAN PRESS



The IWK Health Centre METRO FILE

Flight fright

Man injured in plane crash

A plane crash in southwestern Nova Scotia sent a 46-year-old man to hospital with serious injuries on Friday.

The RCMP said they received a call at around 2 p.m. that an ultra-light plane crashed near a private airfield in New Germany.

THE CANADIAN PRESS

Court

Murder case heading to trial

An Antigonish man accused of killing his wife has been committed to stand trial on a charge of first-degree murder.

Patrick Chareka, 48, waived his preliminary hearing Friday, sending the matter to the Nova Scotia Supreme Court for trial.

THE CANADIAN PRESS

Police search

Man, 34, faces child-porn charges

A 34-year-old Middle Sackville man has been charged with distribution of child pornography.

Joseph Kenneth Fenwick appeared in court Friday after police searched a home on Fenerty Road in Middle Sackville earlier in the day.

METRO

Tips pour in about 2 men on the run

Homeless teen. Victim was said to be chained at his ankles and wrists



RUTH DAVENPORT
ruth.davenport@metronews.ca

Police in Nova Scotia hunting for a pair of men accused of kidnapping and molesting a homeless teen say the tips are pouring in from the public.

David James Leblanc, 47, and Wayne Alan Cunningham, 31, face charges of forcible confinement and sexual assault for allegedly grabbing a 16-year-old boy off the streets of Halifax, locking him in a Lunenburg County home and sexually abusing him for nearly two weeks. The boy escaped last week and made his way to a nearby home, where police were alerted.



David James Leblanc HANDOUT



Wayne Alan Cunningham HANDOUT

RCMP Cpl. Scott MacRae said investigators are getting plenty of input from the public about the wanted pair.

"This case has generated a lot of public interest ... with a lot of information coming in," he said. MacRae said investigators are sorting through the tips to determine what's of greatest relevance. The hunt at this point remains focused on Ontario, though informa-

tion has been sent to law-enforcement agencies across the country.

"It's a broad net," said MacRae. "We want the information to put pressure on these two ... or, if we catch up to them, arrest them and bring them before the courts."

The two men are believed to be travelling in a grey 2003 Hyundai Elantra with a Nova Scotia licence plate of FBP 233.



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Thousands cheer relaunch of Bluenose II

Lunenburg. Schooner's entire hull and much of its deck made from Douglas fir have been replaced

Onlookers clapped and small boats sounded their horns as the newly restored Bluenose II made her historic relaunch on Saturday morning.

Thousands of Nova Scotians and visitors from across Canada donned rain gear and clutched coffees as the 43-metre vessel made her slow descent into the Lunenburg harbour.

The event marked the

famed schooner's official return to the water after an extensive two-year, \$15.9-million restoration. Ottawa covered \$4.9 million of the cost and the province paid for the rest.

Premier Darrell Dexter was among the crowd that gathered along the waterfront, the same spot where the original Bluenose was launched more than 90 years ago.

"The excitement and anticipation leading up to today speaks of our love of the ocean and our ability to thrive by it," Dexter said as the vessel made its way down the slipway and into the ocean.

"Future generations of Nova Scotians will now know what it means to have the

Pride of Nova Scotia

- Bluenose II is a replica of the Bluenose, a fishing and racing schooner designed by William J. Roue that won worldwide acclaim for her graceful lines and flat-out speed.

same pride as their parents, their grandparents and their great-grandparents before them."

More than 100 boats, from canoes to yachts, bobbed in the waters surrounding Bluenose II as divers disappeared beneath the surface to detach the supports and chains hold-

ing the vessel to a transfer carriage. The schooner towered over the others, even without her two masts, canvas sails and rigging, which will be installed in the coming months.

People, young and old, stood on a hill huddling under umbrellas and a ripple of applause could be heard as a tugboat pulled the vessel across the harbour toward the town's fisheries museum.

Among the onlookers was Charles Tanner, who was a crew member on the original Bluenose. Tanner was 19 when he worked aboard the acclaimed ship and recalled fishing along the Grand Banks. "It's nice to see this happening," he said.

THE CANADIAN PRESS



Bluenose II returns to the water in Lunenburg on Saturday after an extensive refit. ANDREW VAUGHAN/THE CANADIAN PRESS

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Khadr's Edmonton prof predicts bright future for former student

Omar Khadr.

Convicted war criminal and child soldier returned to Canada Saturday

RYAN TUMILTY

Metro in Edmonton

An Edmonton university professor who taught Omar Khadr in Guantanamo Bay believes he will excel once he returns to civilian life.

Khadr's return to Canada on Saturday came as a great relief to his Edmonton tutor, Dr. Arlette Zinck, a professor at King's College.

"We were waiting, hoping that the Canadian government would follow through on its promise to bring him home."

Zinck made two trips to the prison as part of a team work-

ing with Khadr to give him an education. In 2010, Khadr pleaded guilty to throwing a grenade that killed an American soldier in Afghanistan in 2002.

Zinck said that Khadr is a strong student and that she expects he will make a smooth transition to civilian life when the parole board decides he is ready.

"There is nothing the young man wants more than to prove to Canadians that he is fully committed to making a positive contribution."

Zinck said she doesn't know whether Khadr has specific plans for after his release but that she expects education will be a high priority.

"When he has been released and when he is in a position to consider what his next move will be, I expect that education will be part of it."

Zinck said that the lesson given to Khadr focused on get-

ting him ready for university. She said King's has committed to treating him like any other applicant and she would gladly recommend him.

Khadr is "desperate" to be a normal, contributing member of society, said one of his lawyers Brydie Bethell, noting that he has been studying various subjects with the long-distance help of a tutor in Edmonton.

"He's so committed to his education," Bethell said.

"The first thing he wanted to know is how he could get a pen and paper so he could get his homework done."

Khadr pleaded guilty in October 2010 before a military commission to five charges levelled at him by the Pentagon, including murder in violation of the law of war for the death of an American special forces soldier in Afghanistan in July 2002. He was 15 years old at the time of the offences.

WITH FILES FROM THE CANADIAN PRESS



Omar Khadr, seen in this sketch from 2010, was returned to Canada on Saturday. THE CANADIAN PRESS

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Haiti

Anti-government protest fills streets of Port-au-Prince

Several thousand people poured into the streets of Haiti's capital on Sunday to protest the government of President Michel Martelly, in what was among the biggest rallies in the city this year against the first-time leader. **THE ASSOCIATED PRESS**

Moscow

Church asks for clemency in Pussy Riot case

The Russian Orthodox Church on Sunday asked for clemency for three jailed members of the rock band Pussy Riot if they repent for their "punk prayer" for deliverance from President Vladimir Putin. **THE ASSOCIATED PRESS**

Los Angeles

Carmageddon II goes according to script

The demolition of a bridge that forced the weekend closure of one of the U.S.'s busiest freeways is on schedule. Many Los Angeles drivers heeded warnings to keep clear of the area, and lanes should be reopened Monday. **THE ASSOCIATED PRESS**

Grim milestone

In Afghanistan, U.S. military deaths reach 2,000

The killing of an American serviceman in an exchange of fire with allied Afghan soldiers pushed U.S. military deaths in the war to 2,000, a cold reminder of the perils that remain after an 11-year conflict that now garners little public

interest at home.

The toll has climbed steadily in recent months with a spate of attacks by Afghan army and police — supposed allies — against American and NATO troops.

That has raised troubling questions about whether countries in the U.S.-led coalition in Afghanistan will achieve their aim of helping the government in Kabul and its forces stand on their own after



A U.S. air force paratrooper drapes a flag over a soldier killed in a July 2010 attack in Afghanistan. THE ASSOCIATED PRESS FILE

most foreign troops depart in little more than two years. **THE ASSOCIATED PRESS**

Bidding reaches \$160K as woman, 20, auctions off her virginity

Airplane encounter. Proceeds will go toward poor families in Brazil

TAKARA
SMALL

takara.small@metronews.ca

A woman from Brazil is hoping to take the idea of the mile-high club to a whole new level.

Catarina Migliorini, 20, is auctioning off her virginity to the highest bidder for a one-time sexual encounter on an airplane in order to circumvent prostitution laws.

The auction ends Oct. 15, and as of Friday bidding had reached \$160,000 US. Migliorini hopes to use proceeds from the trust towards helping poverty-stricken families in her hometown.

She and another virgin named Alex Stepanov are part of a documentary, called Vir-



Catarina Migliorini's attempt to auction off her virginity to the highest bidder is being documented by an Australian film company. YOUTUBE.COM

Online

- To see a video about the auction, visit metronews.ca.

gins Wanted, produced by an Australian film company.

Bidding for Alex Stepanov reached \$1,300 US.



Liberal MP Justin Trudeau speaks briefly with media as he enters party caucus meetings on Parliament Hill in Ottawa on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Comparisons between Trudeau, dad are tenuous

Justin Trudeau may seem to be following in dad's footsteps as he prepares to seek the Liberal leadership, but he's really heading down a vastly different path into unknown territory.

The country, its politics and the Liberal party itself have changed drastically since Pierre Trudeau mesmerized Canadians with the heady magic of Trudeauania in the spring of 1968.

That world is hardly recognizable today. The Canada of two generations ago was a country still revelling in the afterglow of the Centennial and

Expo 67, wrestling with the tensions of the generation gap and ready to be led into a future of what seemed to be infinite possibilities.

People were pushing for a new kind of politics. They looked to replace the buttoned-down backroom boys and their traditional mix of pressure and patronage with more grassroots involvement. It was a "power to the people" age. TV news was beginning to flex its muscles in politics, and Trudeau seemed perfect for the cameras.

Amid expectations that Justin will announce his own bid

Quoted

"People want to make comparisons to the past, but things totally change."

Nelson Wiseman, political science professor, University of Toronto

for the Liberal leadership on Tuesday, observers note that he is operating in a completely different era than his father.

"You can't compare them at all," said Nelson Wiseman, a political science professor at the University of Toronto. "Things

are constantly changing. People want to make comparisons to the past, but things totally change. It was just a totally different time."

The younger Trudeau is 40, eight years younger than his father was when he ran for leader. He has been an MP for four years, but always on the opposition benches.

The son is a former high school teacher, with none of the public-intellectual clout of his father. He's a married father of two. His dad was the country's most eligible bachelor when he ran. **THE CANADIAN PRESS**

Legal action. Reporter will countersue former head of Vancouver Olympics

The reporter who wrote a story about alleged abuse by former Vancouver Olympics chief John Furlong says she will countersue him for suggesting she didn't do the proper research.

Laura Robinson said Saturday that Furlong intentionally misinformed the public about her professional ethics when he accused her of a shocking lack of diligence and having a vendetta against him.

After the story was published last week, Furlong denied the abuse allegations and said in a statement that his character had been recklessly challenged and that he would be taking legal action.

But Robinson said that starting on Feb. 27, 2011, she sent six to eight emails to Douglas and McIntyre, the publisher of

Allegations

- The story in the Vancouver weekly the Georgia Straight quoted former students who alleged Furlong physically and mentally abused them, accusations he denies.

Furlong's book, Patriot Hearts.

She said a publicist replied to one of her emails, saying Furlong was a physical education teacher at a Roman Catholic high school in Prince George, B.C., where he also managed the athletics program. "That is the only answer I received from Mr. Furlong in a year and a half of asking questions," she said. **THE CANADIAN PRESS**

Intelligence. CIA welcomed Mulroney after Trudeau's 'negative' attitude: Papers

The U.S. Central Intelligence Agency saw Brian Mulroney's new government as a welcome alternative to the "gratuitous negative" attitude of the often prickly Pierre Trudeau, declassified documents show.

The CIA cautiously assessed the "Boy from Baie Comeau" as a more amiable ally than the occasionally irascible Trudeau in a September 1984 memo written three weeks after Mulroney's Progressive Conservatives swept to power, ousting the long-entrenched Liberals.

The intelligence agency did not expect a wholesale shift from Mulroney, but cautiously greeted his "conciliatory and constructive" approach.

On East-West trade, relations with the Communist world and U.S. involvement in

Quoted

"Unlike Trudeau ... we expect Mulroney to refrain from gratuitous negative comments about U.S. foreign policy."

Declassified CIA records

Central America, the CIA believed the Tories would "steer a pragmatic course," supporting Washington when in Canada's interest and chastising it otherwise, says the memo.

"Unlike Trudeau, however, we expect Mulroney to refrain from gratuitous negative comments about U.S. foreign policy and to remain evasive or silent when it is politically possible to do so." **THE CANADIAN PRESS**

Indonesia. Thousands in Jakarta protest contentious film about Muhammad

Thousands of Muslims enraged over a film that denigrates the Prophet Muhammad have marched through Jakarta, Indonesia's capital.

Jakarta police spokesman Col. Rikwanto estimates at least 5,000 people joined the demonstration Sunday. They marched to the U.S. Embassy, which was guarded by hundreds of police, and staged a noisy but peaceful protest.

Participants in the rally, organized by the Islamic-based Prosperous Justice Party, chanted anti-American slogans and shouted "Allah akbar," or "God is great." Many wore traditional white robes and held big banners reading, "Go to hell with your freedom of expression, Muslims unite against insults to Islam." Protests against the film

Film controversy

- The crude film entitled Innocence of Muslims portrays Islam's Prophet Muhammad as a fraud, a womanizer and a child molester. It has deeply offended many Muslims, and dozens of people have died in protests linked to the movie.
- The White House has denounced the film, but defended U.S. laws governing freedom of expression.

have also been held recently in other Indonesian cities.

THE ASSOCIATED PRESS

Parliament. Abortion, immigration test limits of Commons dialogue

The right for MPs to say and discuss almost anything they want is one of the central privileges of Parliament, but a couple of divisive debates over the past week tested the thresholds of dialogue in the House of Commons.

In one case, two spokespeople from the Canadian Immigration Forum were barred from speaking at the Commons immigration committee Wednesday because content on their website was deemed offensive — including an interview with Canadian white supremacist Paul Fromm.

In the other, the NDP criticized Prime Minister Harper for allowing Conservative MP Stephen Woodworth to put forward Motion 312, a controversial proposal that sought to re-examine how Canadian law defines a human being.

The issue of restricting debate on abortion has come up before in other areas — on Canadian campuses, for example.

The pro-choice Canadian Civil Liberties Association has spoken out against barring pro-life advertising and activ-

Facing one controversy

Motion 312 was defeated last Wednesday. It sought to re-examine how our law defines a human being.

- Brought by a backbench Conservative it was defeated (203-91).

- "It's not like it never showed up or was banned from being discussed," said David Eby of the B.C. Civil Liberties Association.

ities at universities as a violation of free speech.

Liberal MP John McKay, visibly agitated Friday as he left question period, said the atmosphere after the vote on the motion earlier in the week was that of a funeral. McKay was one of four Liberals who voted in favour of the motion, which was defeated. "It kind of chills you. You don't really want to get into it and then you layer that over with the conflicts among colleagues." **THE CANADIAN PRESS**

Refugee health care in 'crisis', doctor says

Interim Federal Health Program.

Critics claim care compromised after changes to coverage for refugee claimants

The call came 35 weeks into her pregnancy, right around the time her abdominal cramps began.

It was her gynecologist's office saying changes to the Interim Federal Health Program meant her prenatal care was no longer covered. That's when Tiffany started to panic. "What am I supposed to do? I got scared," recalled the 27-year-old originally from the Caribbean.

"She told me that if I come and see the doctor I would have to pay the doctor a fee."

The Toronto resident — who wouldn't give her full name for fear it would affect her application to live here — had been going for regular prenatal check-ups until then.

Some doctors say her story is an example of compromised care resulting from changes to



Dr. Paul Caulford at the Scarborough Academic Family Health Clinic on Friday. While politicians and refugee activists engage in a fierce debate over the issue of health care for refugees, a number of health-care professionals like Caulfield have set up free clinics to help people without health insurance. AARON VINCENT ELKAIM/THE CANADIAN PRESS

the program providing temporary health coverage for protected persons, refugee claimants and others not eligible for provincial coverage.

Under those changes announced in the spring, some refugee claimants saw cuts to their coverage. Additionally, those whose refugee claims are rejected and those from a yet-to-be-defined list of "safe" coun-

tries will only receive care for public-health or safety reasons.

A number of health-care professionals have set up free clinics to help. It was at one such clinic that Tiffany first met Dr. Paul Caulford.

"This is an extraordinarily unprecedented crisis in Canada," said Caulford, medical director of the Volunteer Clinic for Medically Uninsured Immi-

grants and Refugees. He adds he finds it "appalling" the government would target the most vulnerable.

The Conservatives hope the changes will deter bogus refugee claims and ensure failed asylum seekers can't take advantage of Canada's free health care. They also say care for "bona fide" refugees isn't affected. **THE CANADIAN PRESS**

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World's oldest marathoner laces up for race in B.C.

Surrey. Fauja Singh draws a crowd at inaugural event

A 101-year-old runner who jogged five kilometres in 40 minutes says Sunday's Surrey,

B.C., event was too short to break a sweat.

Fauja Singh holds the title of world's oldest marathon runner, but the British man with family in B.C. wasn't aiming to set a personal best in the city's inaugural marathon.

The event drew more than 2,000 participants and thou-

sands more cheering spectators, including teens who jostled for the man's autograph and others who hoisted signs that read "Fauja Rocks!"

Singh and four generations of his family ran together, along with Surrey Mayor Dianne Watts.

Publicist Laura Ballance

says Singh's goal was to inspire people of all ages and abilities to get outside and get active.

Singh holds the world record for the men's over-90 category after running the Toronto marathon in five hours and 40 minutes in 2003.

THE CANADIAN PRESS



Marathoner Fauja Singh, 101, centre, runs in the Surrey International World Music Marathon in Surrey, B.C., on Sunday. DARRYL DYCK/THE CANADIAN PRESS

LIVE 105 MODERN ROCK

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All Blacks

Rugby team officials mugged

The New Zealand Rugby Union says its chairman and a member of its board of directors were mugged by motorcycle-riding thieves outside the All Blacks' team hotel in Buenos Aires on Sunday.

The union said chairman Mike Eagle and director Gerhard van Tilberg were uninjured in the incident.

The All Blacks team was preparing to leave for the airport when the incident occurred. New Zealand beat Argentina 54-15 in a Rugby Championship match in La Plata on Saturday.

The union said a Rolex watch was taken from van Tilberg.

THE ASSOCIATED PRESS

Auction

Buyer shells out for Bonnie, Clyde guns

Two guns once in the possession of notorious gangsters Bonnie and Clyde when they were killed in a hail of gunfire sold at a New Hampshire auction Sunday for more than half a million dollars.

The guns were two of 134 artifacts that sold for a total of \$1.1 million US at the auction in Nashua. About two-thirds of the auctioned items were from Clyde Barrow and Bonnie Parker, but items also came from other notorious criminals, including Al Capone, Pretty Boy Floyd and John Dillinger.

The guns were sold to the same bidder, who didn't want to be named, said an official with RR Auction. THE ASSOCIATED PRESS



Some tunes with your pint

The Oktoberfest orchestra plays at a festival concert in Munich on Sunday. The world's largest beer festival, running through Oct. 7, will see some one million visitors. MATTHIAS SCHRADER/THE ASSOCIATED PRESS

California. Underwater air-cannon study whale of a concern, officials say

Plans to use an array of powerful air cannons in an undersea seismic study near a Central California nuclear power plant have federal and state officials juggling concerns over marine life with public safety.

Pacific Gas & Electric Co. wants to use big air guns to emit strong sound waves into a large, near-shore area that includes parts of marine reserves to make three-dimensional maps of fault zones, some of which were discovered in 2008, near its Diablo Canyon nuclear power plant.

But a state study, mandated by a bill signed into law in 2006, found the project is likely to have "unavoidable adverse effects" on marine life

'Uncertainties'

- "I am very concerned about impacts to marine mammals, especially some of the large whales," said John Calambokidis, an Olympia, Wash.-based marine biologist.
- "There are many uncertainties on the impact of this type of operation on whales, especially since we have not seen this type of large air gun survey off California for a long time."

and the environment.
THE ASSOCIATED PRESS

Dallas

Trifling damages

Damage from an earthquake and a subsequent aftershock in a suburb west of Dallas was mostly limited to cracked walls and knocked-down pictures, authorities said.

THE ASSOCIATED PRESS

Colombia

Shaken but safe

A powerful 7.1-magnitude earthquake centred nearly 100 miles underground rattled southwestern Colombia on Sunday but no damage or injuries were reported.

THE ASSOCIATED PRESS

Typhoon wreaks havoc in Japan, heads for Pacific

Jelawat. 145 injured, tens of thousands left without electricity in their homes

A weakening tropical storm was speeding out of Japan on Monday after bringing gale-strength winds to Tokyo and injuring dozens of people, causing blackouts and paralyzing traffic to the south and west of the capital.

Japan's Meteorological Agency had warned Tokyo residents to stay indoors while typhoon Jelawat passed Sunday night. The storm then had winds of up to 126 kilometres an hour but weakened to a tropical storm with 108 km/h in the morning.

On Sunday, Nagoya city issued an evacuation advisory to more than 50,000 residents because of fear of flooding from a river. A similar advisory was issued for more than 10,000 people in the northern city of Ishinomaki that was hit by last year's tsunami.

The typhoon left 145 people with minor injuries in southern



Waves hit a breakwater in Kihcho, western Japan, on Sunday. After causing blackouts, paralyzing traffic and injuring dozens of people in southern and western Japan, powerful typhoon Jelawat then headed to Tokyo. KYODO NEWS/THE ASSOCIATED PRESS

and western Japan, about half of them on the southern island of Okinawa, public broadcaster NHK said. Tens of thousands of homes were without electricity. Kyodo news agency re-

ported one fatality, a man who was swept away by seawater while fishing in Okinawa.

Dozens of trains were halted in coastal areas around

Tokyo and many stores inside the capital closed early Sunday as the storm approached. It is expected to move into the Pacific Ocean.

THE ASSOCIATED PRESS

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CRA uncovered millions in unpaid GST: Documents

Taking advantage. Credit-check project targeting 439 firms reveals weaknesses in Canadian tax code

The Canada Revenue Agency has uncovered millions of dollars worth of missing taxes by doing a simple credit check that the banks have been using for years.

The project found almost \$3 million of GST revenue that had been collected from customers by new businesses but was never handed over to Ottawa, or was fraudulently refunded to them.

The money turned up after 439 firms were targeted by running their tax-registration information through a commercial credit-screening service from Equifax Canada Ltd. Banks and other financial

IWS

Interactive Warning System is a financial-industry term for a system that identifies problems with names, addresses, social insurance numbers (or SINs), telephone numbers and dates of birth that suggest possible fraud. The system automatically flags high-risk credit applications.

institutions have for years vetted potential customers applying for mortgages, loans and credit cards through commercial credit-checking services.

But the Canada Revenue Agency had not been doing so with companies newly registering as collectors of GST/HST taxes — some of which simply kept the money.

The agency's pilot project was launched in 2010, as part

of a wider effort to flush out some of the estimated \$35 billion that remains untaxed in the underground economy.

The so-called Interactive Warning System project, or IWS, focused on missing GST/HST revenue, and was slated to run for two years. But the results were encouraging enough that it was ended in 2011 after just 12 months.

Internal documents outlining the project were obtained by The Canadian Press under the Access to Information Act.

"The project was considered a success," said agency spokesman Philippe Brideau. "The procedures and approaches tested provided us with risk indicators that are part of the regular procedures."

Brideau says the agency is "currently exploring follow-up use of IWS products for GST/HST compliance."

THE CANADIAN PRESS



80,000 protest austerity

A demonstrator holds a placard that reads "Capitalism Kills" in Paris on Sunday as people protest austerity measures announced by the French government. Organizers of the march put turnout at more than 80,000. On Friday, the government presented a budget that includes high taxes on the wealthiest, but which critics say lacks fundamental reforms that could jump-start economic growth. MICHEL EULER/THE ASSOCIATED PRESS

'Quick refreshment'

Tim Hortons cracks top 5 in U.S. food-chain survey

The iconic Canadian purveyor of "double-double" coffees ranks among the top five in Zagat's latest survey of fast-food chains in the United States.

Tim Hortons was voted fifth-best overall in the "quick refreshment" category.

The Oakville, Ont.-based chain held the same spot for "top decor" and "top service" too.

THE CANADIAN PRESS

Only business practices?

Irving Oil charged with price-fixing

Criminal charges have been laid against Irving Oil and a senior company executive for alleged price-fixing at gas stations in three Quebec cities.

The federal Competition Bureau says three charges of conspiracy are being laid against the New Brunswick-based company.

THE CANADIAN PRESS



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Users could wait up to 60 days for BB10 keyboard

Hardcore BlackBerry lovers might have to wait up to two months after the release of the BlackBerry 10 touchscreen device to get their hands on one with a physical keyboard, a strategic play by Research In Motion that analysts say reflects what customers want.

RIM chief executive Thorsten Heins, who had already indicated a touchscreen model would launch first, said Friday that the keyboard version — known in the tech community as Qwerty — will come about "30 to 60" days later.

Heins said the company needs to gain market share in the touchscreen segment, especially to address a trend in

Quoted

"The hardcore BlackBerry lovers, they love this physical keyboard."

RIM CEO Thorsten Heins

which employers are allowing staff to use their preferred smartphone for work.

"People ... and enterprises love a full touch device, and, you know, we had to make a choice and finally we decided really to bring both versions to market very, very close to each other," he said in an interview with MSNBC.

"The BlackBerry lovers, the

hardcore BlackBerry lovers, they love this physical keyboard ... so, make no mistake, we are fully, fully committed to Qwerty."

The physical keyboard is popular often with BlackBerry business users, and the company — in its advertising — has positioned that as an advantage over Apple and Android phones that rely solely on touchscreens.

The new detail about the closely watched BB10 launch, slated for some time in the first quarter of next year, comes as RIM stock shot up 8.1 per cent following a much less disappointing than expected second-quarter earnings report.

THE CANADIAN PRESS

Meeting international standards. StatsCan to revise economic history

Statistics Canada is about to retell the country's economic history for the past 30 years in a new move that will also provide more insight into murky economic concepts.

Starting Monday morning, the federal data agency will issue a comprehensive revision to economic data of the past 30 years, introducing new meas-

ures and changing the definition of others.

The exercise — two years in the making, and designed to comply with revised international standards of economic measurements set out in 2008 — will put Canada in the forefront of nations, along with Australia, in adopting the new way of measuring economic

performance.

Others have pledged to follow: the United States in 2013 and Europe in 2014.

Some gross-domestic-product numbers will likely move marginally up, in part because research and development will be capitalized, and some services will be added to the export tally. THE CANADIAN PRESS

DEXTER'S ATTACK OUT OF (BOUNDARY) LINE



**URBAN
COMPASS**
Stephen Kimber
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Perhaps Darrell Dexter's prickly petulance last week was the result of too many too-long nights reworking the on-again, off-again, can-we-have-more-please deal to save Port Hawkesbury's

NewPage paper mill.

And the certainty he would be damned for saving it. Just as he would have been damned for having failed to save it. Or, more generally, his belated, three-years-on recognition that anyone who seeks to lead a province with as many intractable problems as Nova Scotia should be careful what he wishes for.

Whatever the cause, the premier's attack last week on a member of the province's Electoral Boundaries Commission was unseemly.

Toe government line

Unsurprisingly, Paul Gaudet, an Acadian from Saulnierville, said he felt the commissioners had been "thrown under the bus," and the commission used as "a smokescreen to impose (the government's) wish."

A quick recap. Last December, the government appointed the legislatively mandated, once-a-decade commission to reconfigure the province's 52 electoral districts.

The commission's government-imposed incompatible mandates: First, take into account ethnic, linguistic and racial interests in devising boundaries, and, second, make sure the population of every riding falls within 25 per cent of the others.

The commission's first interim report chose the former mandate at the expense of the latter, and retained four "designated" Acadian and African Nova Scotian ridings.

The government, which — coincidentally or not — held none of the four designated seats, refused to accept the independent commission's report and forced it to issue another, officially acceptable interim report.

When the commission's final yes-master report was published last week, it came with a dissenting opinion.

Unsurprisingly, Paul Gaudet, an Acadian from Saulnierville, said he felt the commissioners had been "thrown under the bus," and the commission used as "a smokescreen to impose (the government's) wish."

Instead of accepting that reasonable men may disagree — particularly when one reasonable man is eliminating ridings representing the other reasonable man's linguistic, cultural community — Dexter chose to attack Gaudet personally.

"Mr. Gaudet," Dexter told reporters, "is a good example of someone who joined the commission for the sole purpose of simply trying to cause difficulty.... He acted only as a partisan throughout this and he's continuing to do that."

Gaudet apparently is a Liberal partisan. But he's also — more importantly — an Acadian.

Still, you don't have to be a Liberal or an Acadian to question the process by which this independent commission was forced to toe the government line.

I'm neither. And I do.

Foam's up, dude!



CHRIS GARDEN/SOLENT

Karitane, New Zealand

Brave surfer taking in murky waves caught by photographer

These ferocious waves have certainly whipped up a frenzy of foam.

This surfer tested some murky-coloured waves while dodging logs and debris, after a floodwater deluge hit Karitane on the south island of New Zealand.

Photographer Chris Garden, 30, spotted the unusual sight as he drove along the coastline.

METRO



Cause

Dead algae behind foamy mass

While sometimes resulting from pollutants, sea foam is often caused by dead algal blooms that are whipped up by high gales and eventually build up along the shoreline.

The frothiness of the foam is caused by the continuous churning motion of the tide that traps cloistered bubbles of air in the decomposing organic material.

METRO

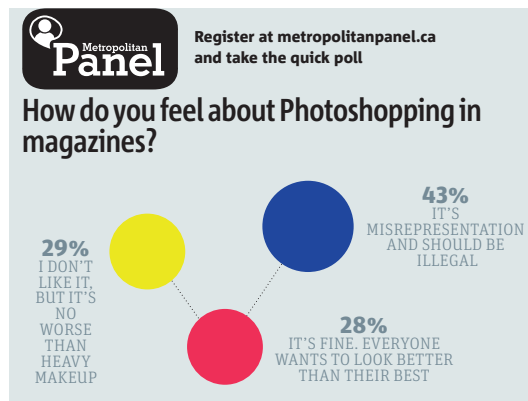
Photographer's view

"Once there, (the foam) all gradually disintegrated. This scene wasn't there very long and I was lucky to catch it."

Photographer Chris Garden of Dunedin, New Zealand Garden added: "In 10 years photographing surfers, I have never seen anything like it before."

Online

For the latest news, visit
metronews.ca



Smokers take up new habit — running

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

They say you can't run away from a bad habit, but when it comes to smoking, maybe you can. Learn to Run for Smokers is back this fall, brought to you by the Lung Association of

Nova Scotia.

Starting last month, the eight-week-long program promotes the sport among smokers or those who have recently quit.

First launched in 2009, the program aims to encourage healthier lifestyles by helping people recognize the terrible effects of tobacco on their health.

Participants commit to training three days a week, working towards the goal of completing a five-kilometre

race.

They also come together for educational sessions on nutrition, proper running technique and smoking cessation — though the latter is not pushed as a topic unless participants want to discuss it.

Observing the impact on past participants, program manager Robert MacDonald says, "The biggest change ... is that their confidence has grown in their ability to quit."

Some participants not only find the support they need to

overcome their habit, they also discover a new addiction — running.

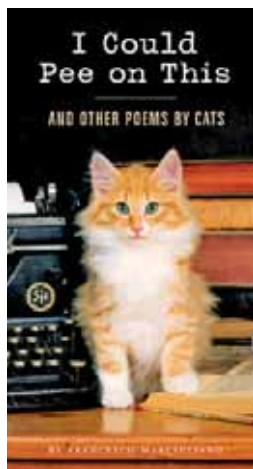
CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of international charity and educational partner, Free The Children. Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. For more information, visit weday.com. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com.



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SCENE 2



Literature. In his best-selling book, *I Could Pee on This: And Other Poems by Cats*, Francesco Marciuliano decodes a kitten's mind

ROMINA
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What made you want to decipher cat's thoughts?
Humans tend to project their thoughts and feelings onto their pets but the exchange is pretty much one-sided. Cats live in their heads so it seemed natural to figure out what was going on. When they're not napping 18 hours straight, cats have all this time of reflection — and I've always wondered, what are they thinking of all this time?

But why not fish or dogs?
I grew up with cats, a dog, a canary, a turtle. I sound like Dr Dolittle. But from the moment I was born, I was basically greeted by a cat which makes it sound like the cat actually got into the hospital. And then after college, my girlfriend and I got two cats: Boris and Natasha. In every one of my relationships the cats were always the constant. I always got to keep them. And in every subsequent relationship, I brought in the cats.

What makes a cat's thoughts more intriguing than say, a dog's?

Dogs have a very rich exterior life and cats have a very rich interior life. Dogs are always trying to tell you something like 'I love you' or, 'oh god I need to pee right now.'

But cats are very reflective and need their own space. They're like, 'we're good if I'm over here and you're over there. We don't need to do this 24/7.'

You spend a lot of time



Call this guy William Shakespaw / THINKSTOCK

I Could Pee on This
Her new sweater
doesn't smell of me
I could pee on that
She's gone out for
the day and
left her laptop on
the counter
I could pee on that
Her new boyfriend
just pushed

my head away
I could pee on him
She's ignoring me
ignoring her
I could pee
everywhere
She's making up for
it
by putting me on
her lap
I could pee on this
I could pee on this

I Lick Your Nose
I lick your nose
I lick your nose
again
I drag my claws
down your eyelids
Oh, you're up?
Feed me

Who Is That On Your Lap?

THERE'S ANOTHER CAT IN THE HOUSE

A CAT I'VE NEVER SEEN

A MUCH YOUNGER CAT

YOU SEEM TO KNOW HER NAME

YOU ACCIDENTALLY CALLED ME BY HER NAME

RIGHT IN FRONT OF THE LAMP

AND MY FRIEND THE THROW PILLOW

I'VE NEVER BEEN SO HUMILIATED

I MAY NEVER LOVE AGAIN

On the web



Qriket

Justin Bieber throws up on stage during concert in Glendale, Arizona

going, 'what are they not telling me?' Which sounds insane, because then it sounds like you turn to the toaster you're like, 'what is the toaster not telling me?'

What valuable life lessons can humans learn from their pet cats?

People who don't like cats see them as arrogant creatures, when in reality

it's more about confidence. They're thinking: 'I'm not dismissing you but I don't need your constant attention. I can be by myself. When we're together and you want a hug, perfect. When you're not hugging me, I'm not desperately thinking oh god — do you not like me anymore?'

The lesson here is that you need to be ok with

yourself. When you're with people, fantastic, but there's nothing wrong with being by yourself.

Sounds like cats would be good at giving us relationship advice.

Yes. That's part of the nature of a cat, they're very reflective, poised and comfortable with whom they are. They're like, 'I don't always have to

sit on your lap. That doesn't mean we're apart, or that there's a problem.'

Basically, quiet moments in a relationship don't mean everything has gone to hell.

Do you think cats would make good humans?

Yes I do. Unlike what people think, I don't think they would be emotionally distant.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Shots fired as violence erupts at BET Hip-Hop Awards



THE WORD
Dorothy Robinson
scene@metronews.ca

Scuffles broke out at the BET Hip-Hop Awards on Saturday in Atlanta.

Rick Ross and Young Jeezy were reportedly involved in an altercation backstage at the annual awards ceremony.

Funk Master Flex posted to Twitter that he witnessed "pushing and shoving" between the two.

Then the rappers and their entourages took the fight outside and shots were

reportedly fired in the parking lot by a member of Rick Ross' entourage.

The gunman was apprehended by the Atlanta Police Department.

AllHipHop.com sources also reported that 50 Cent and rapper Gunplay were involved in an altercation as well.

Considering his history, 50 should know to stay away from gunplay at all costs.



Ashton Kutcher. ALL PHOTOS GETTY IMAGES

Kutcher's new romance has been brewing for some time

Ashton Kutcher's new romance with Mila Kunis has apparently been a long time coming, according to Us Weekly.

"He's always had a thing for her," a source says. "It's a real infatuation."

The pair have reportedly been together for

five months but have kept things quiet until recently, as they've been spotted all over New York City offering up plenty of public displays of affection.

Kutcher is reportedly living with Kunis while she is in New York for film The Angriest Man.

Twitter



@kelly_clarkson

So I recently started acupuncture and yoga ...next thing you know I'll be going to coffee shops and writing in a journal Whatever works



@ZacharyQuinto

if you don't want to listen to a liberal gay marriage supporting actor type... then don't.



@JonahHill

My feelings are more important than yours



@Joan_Rivers

There's a woman with a rare condition who must eat every 15 minutes to maintain her 60-pound frame. How sad...that she's not contagious.



Anne Hathaway.

Hathaway marries long-time boyfriend

Anne Hathaway married actor and jewelry designer Adam Shulman, her boyfriend of more than four years, in a private ceremony in Big Sur, Calif., this weekend, according to Celebuzz.

Hathaway wore a Valentino Garavani gown for the sunset ceremony.

Sources says there were about 180 guests in attendance.



Robert Pattinson and Kristen Stewart.

Friends skeptical about reconciliation

While Kristen Stewart and Robert Pattinson seem happy to be back together after her cheating scandal over the summer, their friends reportedly aren't so thrilled about the rekindled romance, according to Hollyscoop.

"Kristen and Rob's friends absolutely don't believe that this reconciliation is going to last. Rob believes that Kristen didn't sleep with (director) Rupert Sanders,) but the fact is she still cheated on him," a source says. "Rob's pals think it was easier for him to get back together with her right now because of the upcoming publicity blitz they are going to embark on."



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3
LIFE

Innovative

New use for eye makeup remover

When the kids come home from a party with their faces painted, reach for a soft facial pad or wipe and some eye makeup remover.

Gently rub off all the paint. It will only take a few wipes. **JULIE JANCEN, YUMMY-MUMMYCLUB.CA**

Flushing

Sticky notes and toilet training

My little ones used to get spooked by the auto-flush toilets in public bathrooms.

The solution is simple. Keep sticky notes in your purse. Stick one over the sensor above the toilet so it doesn't detect you. **ANNABELLE DEGOUVEIA, YUMMYMUMMYCLUB.CA**

Chores

Family job jar

Stop begging your kids to help with chores.

Create a job jar instead. For large jobs, write down specific tasks like "pick up building toys and put into a bin" or "dust the brown furniture". Kids can choose a slip out of the jar. You can sit back. **YUMMYMUMMYCLUB.CA**

Wacky Hair Day

Easy colour job

My son's school had Wacky Hair Day but his hair is short and I was at a loss. A friend gave me a tip: Mix shampoo with finger paint! Dab shampoo onto a Q-tip, dip into the paint and paint the hair. **KIM FIORAVANTI, YUMMYMUMMYCLUB.CA**

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metronews.ca/voices

- **Hair today gone tomorrow.** Mommy misses the long, luscious locks she had when she was pregnant. Now it's Meet the Klumps in her shower drain. Follow the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

Are you just keeping them safe or helicopter parenting?

Polar opposites. Opinions are split whether you're being responsible or overbearing if you follow your child's bus

ALEXANDRIA DURRELL

yummymummyclub.ca

My daughter started Grade 1 at a new school this year. That means there are a few changes around here.

And by "a few," I mean pretty much everything we were used to has changed.

She's starting French Immersion. (Her French consists of mumbling a line she heard in Barbie and The Three Musketeers.)

Her old school was a two-minute walk from our front door and required no street-crossing. Now she takes a bus with a bunch of kids she doesn't know, most of whom are much older than she is.

And perhaps the biggest adjustment of all: She has to be on that big, old bus a full hour before she used to even wake up.

On her second day, she grumped to her Daddy,



Following your child's school bus could affect her confidence. iStock

"I never get to sleep in!" Oh, kid, you have no idea.

All of this has been thrown onto a kid who is adverse to change. So I get what it's like to have a kid go through all

this momentous change, I really do.

And I don't like change either. I'm nervous about how my little girl will fit into her new class. I fear the adjust-

ment to the new language. I have irrational visions of bus accidents and bullying and a million other things.

But here's the thing: I figure that it does me no good to project my fears onto my daughter, so when she confidently gets on that school bus, I smile and wave and rah-rah-rah her independence.

Then I shuffle home and cry a few tears on my own. I don't hop in the car and follow her to school, hide behind bushes or question the abilities of the driver and staff who are meant to get her where she's supposed to be, safely.

Another parent at my daughter's bus stop waved her child onto the bus, hopped in her car and followed them to the school.

I asked her why and she said something along the lines of just "wanting to make sure everything is OK."

Now, parents have been asked not to do this because it clogs up the traffic around the small residential neighbourhood the school is in.

The parents can't actually drive up anywhere near the school — they have to park a few streets away.

So after being told all this, it never crossed my mind that following the bus was "a thing".

I'm supposed to follow the bus to ensure it arrives? Or watch my daughter get off the bus and be immediately ushered to the back play yard by a teacher? Why? What information am I supposed to garner here?

I asked on Twitter whether I was "supposed" to follow the bus. The answers were on polar ends of the spectrum.

I heard the parents saying that, yes, they follow the bus to school. "To watch (my)kid get off the bus" or "My child is nervous, this is a big change! Of course I follow the bus!" and I heard the others, like @MissJoyFG, say, "Whup, whup, whup! Hear that? It's the sound of a helicopter parent descending. Yikes."

Many expressed concern over parents following the bus, indicating that it could affect the child's confidence or independence.

Others felt it was just the way things should be done.

I was left somewhere in the middle, wondering if I was being irresponsible by not following along to "make sure" that bus driver knows what he's doing. On the other hand, I was feeling pretty proud about not hovering over my daughter.

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On the web



Qriket

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The tortilla chip crust is crunchier than a regular bread crumb crust and gives the chicken a different texture.

This is my version of a Southwest chicken dish, and has much less fat (16 grams) and fewer calories (425) per serving than the traditional Mexican version.

If you can't find baked tortilla chips use regular, but the number of calories and amount of fat will be higher.

1. Preheat oven to 400 F. Lightly coat baking sheet lined with foil with cooking spray.

2. Guacamole: combine avocado, cilantro, mayonnaise, jalapeño, garlic, lemon juice, salt and pepper in bowl. Cover and set aside.

3. Working with one at a time, place chicken breast between 2 sheets of waxed paper and pound to even 1/2-inch thickness. Set aside. Whisk egg and milk and pour into shallow dish. Set aside.

Ingredients

Guacamole

- 1/2 cup mashed ripe avocado
- 2 tbsp chopped cilantro
- 1 tbsp light mayonnaise
- 1 tsp finely chopped jalapeño pepper
- 1/2 tsp finely chopped garlic
- 2 tsp lemon or lime juice
- pinch of salt and pepper

Chicken

- 1 1/2 lb skinless boneless chicken breasts
- 1 egg
- 2 tbsp low-fat milk
- 2 1/2 cups baked tortilla chips
- 1/3 cup seasoned dry bread crumbs
- 1/4 tsp chili powder
- 2 tsp vegetable oil

To Serve

- 1/3 cup medium salsa
- 1/4 cup canned black beans, drained and rinsed
- 1/2 cup shredded aged white cheddar cheese

Tortilla Chip-Crusted Chicken with Guacamole and Salsa



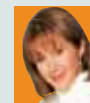
This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

5. Lightly coat nonstick skillet with cooking spray, add oil and sauté chicken breasts 3 mins. per side or until browned. Place chicken on prepared baking sheet.

6. Divide salsa over chicken. Top with beans and cheese. Bake 10 mins. or until chicken is just cooked. Serve with guacamole. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

Healthy eating

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Sometimes, with the amount of things in your schedule, it's impossible to make dinner without a little bit of help. Be mindful, however, from where the help is coming.

Hamburger Helper Cheese Shells (2 cups)

926 calories/41 g fat

People traditionally make Hamburger Helper with medium ground beef and higher fat milk, increasing calorie and fat content.



Equivalent

With a normal serving size of two cups rather than the minimal size stated on the package, the Hamburger Helper Cheese Shells are equal in fat to three orders of chili nachos from Wendy's.



Tuna Helper Au Gratin (2 cups)

500 calories/13 g fat

Making this Tuna Helper with margarine, skim milk and tuna packed in water rather than oil reduces fat and calories.



Fall calls for Chicken and Potato Casseroles

The combination of a chill in the air and the chaos of kids setting back into their school routine means many families are looking for easy, warming one-pot meals that come together quickly and with little mess or fuss.

Keep things simple with this Chicken and Potato Casserole by cutting down on mess and time, by mixing it right in the dish it is baked in.

Ingredients

- 1/2 cup light mayonnaise
- 10 3/4-oz can condensed cream-of-chicken soup
- 1/2 cup milk
- 1/4 tsp ground black pepper
- 1/2 tsp salt
- 1/2 tsp dried thyme
- 1/2 tsp garlic powder
- 20-oz package hash brown potatoes
- 1 medium zucchini, diced
- 1 cup green beans, cut into pieces
- 1/2 cup grated carrot
- Meat from a 2-lb rotisserie chicken, cubed, skin and bones discarded
- 3/4 cup shredded cheddar cheese
- 1/2 cup panko breadcrumbs



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

The recipe also calls for the ultimate workhorse of the weeknight kitchen — the rotisserie chicken. Add a few veggies and a creamy sauce made from pantry staples, and dinner's on the table in no time.

1. Heat the oven to 400 F.
2. In a 9-by-13-inch baking

dish, stir together the mayonnaise, soup, milk, pepper, salt, thyme and garlic powder. Stir in the potatoes, zucchini, green beans, carrots and chicken. Sprinkle with the cheddar cheese and the bread crumbs.

3. Bake for 40 minutes, or until bubbling and the vegetables are tender. **THE ASSOCIATED PRESS**

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Dave Hale PROVIDED

Name: Dave Hale
City: Ottawa
Age: 24
Occupation: Soshal Group Partner and CEO



THE IN-CREDIBILITY
FACTOR
Teresa Kruze
life@metronews.ca

Deciding he was more passionate about marketing and sales than becoming a criminal lawyer, Hale founded Soshal Group, a digital marketing agency. In just two years Soshal Group has grown to 12 employees and is aiming for 20 by the end of the year.

I knew I was on my way when... I signed my first six figure client and I realized I wouldn't have to go to my parents any more and ask for money. Right now we're working with some pretty notable clients like the United Way, Ottawa Senators, the Canadian Hockey League and Algonquin College. Our first year compared to the second was monumen-

tal and our year over year growth is 500 per cent. Right now we're really focused on how we can take the people who have already invested in us and help them move higher.

Action Plan

- Be humble. I was egotistical and cocky when I got started at age 19. I realized early that business isn't about getting publicity. You have to run a business with a real purpose.
- Be open. We met some of our largest clients in the most obscure ways — like at speaking events. We pitched one person and they introduced us to one of their friends. Any opportunity is worth exploring when you're a start up entrepreneur.
- Be brave. If you can't wake up tomorrow and make ten dollars more than you made the day before then you're not cut out for this business. If you can do that in a small scale then you should be able to do it in a big way down the line.

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Climbing up the ladder to a longer and healthier life?

Take a breather, you're the boss. A sense of control and power may lead higher ups to feel less high-strung

Rising through the ranks at work may offer more benefits than a bump in pay or bigger office: new research suggests leaders with more responsibility have lower stress hormone levels than peers with less on their plates.

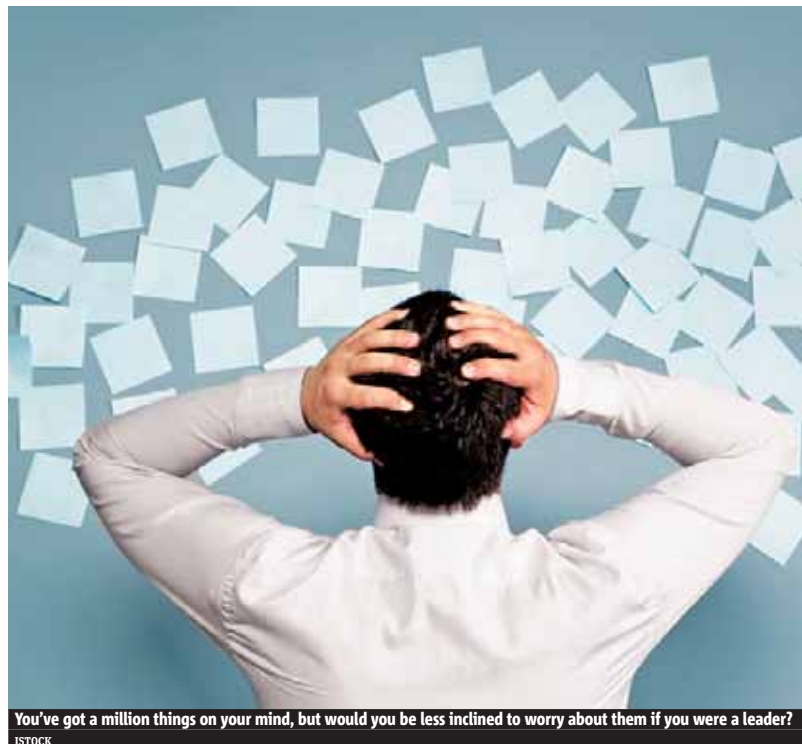
Lead author Jennifer Lerner, professor of public policy and management at Harvard Kennedy School, said she has been interested in how leaders make decisions and cope with stress.

Harvard researchers partnered with professors from the University of California San Diego and Stanford University, with study results appearing in this week's Early Edition of the Proceedings of the National Academy of Sciences.

Participants were recruited from the Boston area and one of the many executive education programs at Harvard University. Leaders included military officers, government officials, non-profit administrators, and business leaders from the U.S. and around the world.

Study 1 looks at whether those categorized as leaders — those responsible for managing others — and non-leaders had any differences in their reports of anxiety and levels of the stress hormone cortisol.

About 200 leaders and non-leaders provided saliva samples to determine baseline cortisol levels. Anxiety was measured using the 19-item Spielberger Trait Anxiety Inventory, where participants read statements and selected a response to indicate how they generally feel. "I get in a state of tension or turmoil



You've got a million things on your mind, but would you be less inclined to worry about them if you were a leader?

ISTOCK

as I think over my recent concerns and interests" was one example of a statement in the inventory.

In their introduction, researchers wrote that they suspected leaders have lower stress levels because of the "psychological resources that leadership affords." They wrote of how holding a leadership role boosts one's sense of control, known to have "a stress-buffering effect."

Researchers also cited the work of Stanford neuroscientist Robert Sapolsky which associated higher social rank with lower cortisol in non-human primate species.

Studies of humans have also linked higher employment rank to better health, they wrote.

Study 1 found that those who identified as leaders had lower cortisol levels and reports of anxiety than non-leaders.

"It wasn't surprising to us, no," Lerner said in an interview from Cambridge, Mass. "But the conventional wisdom is the higher you ascend in leadership responsibility, the more stressed you are."

Study 2 measured anxiety and cortisol among 75 leaders, as well as aspects of leadership that indicate greater rank or power.

High-ranking leaders might be responsible for personally managing a large number of people, might have many subordinates — including those who don't report directly to them — or might be given great authority and autonomy to make decisions regarding subordinates, researchers wrote. To capture different forms of leadership, researchers assessed leadership level by authority, the number of subordinates and the number of people who directly reported to them.

Researchers found participants in Study 2 who held more powerful positions displayed lower cortisol levels and less anxiety than those who had less powerful positions.

Interestingly, those leaders with fewer subordinates were found to have greater anxiety and higher cortisol levels. Lerner said there are

A president's P.O.V.

In a recent Vanity Fair profile, U.S. President Barack Obama offered some insight into his decision-making process

- "You'll see I wear only gray or blue suits," Obama told the magazine. "I'm trying to pare down decisions. I don't want to make decisions about what I'm eating or wearing. Because I have too many other decisions to make."
- Plotnick said the example illustrates the ability of leaders to focus energy on where they're going to make a difference.

likely multiple reasons why those particular leaders were found to be more stressed. But one of the key findings researchers identify relates back to the sense of control.

"When you have a sense of control, then it reduces stress hormone secretion," she said.

Lerner said one of the most promising aspects of their research is an understanding not only that there's lower stress among higher-ranking leaders, but also the reasons why, allowing them to design interventions that improve people's sense of control.

THE CANADIAN PRESS

Time to get tough

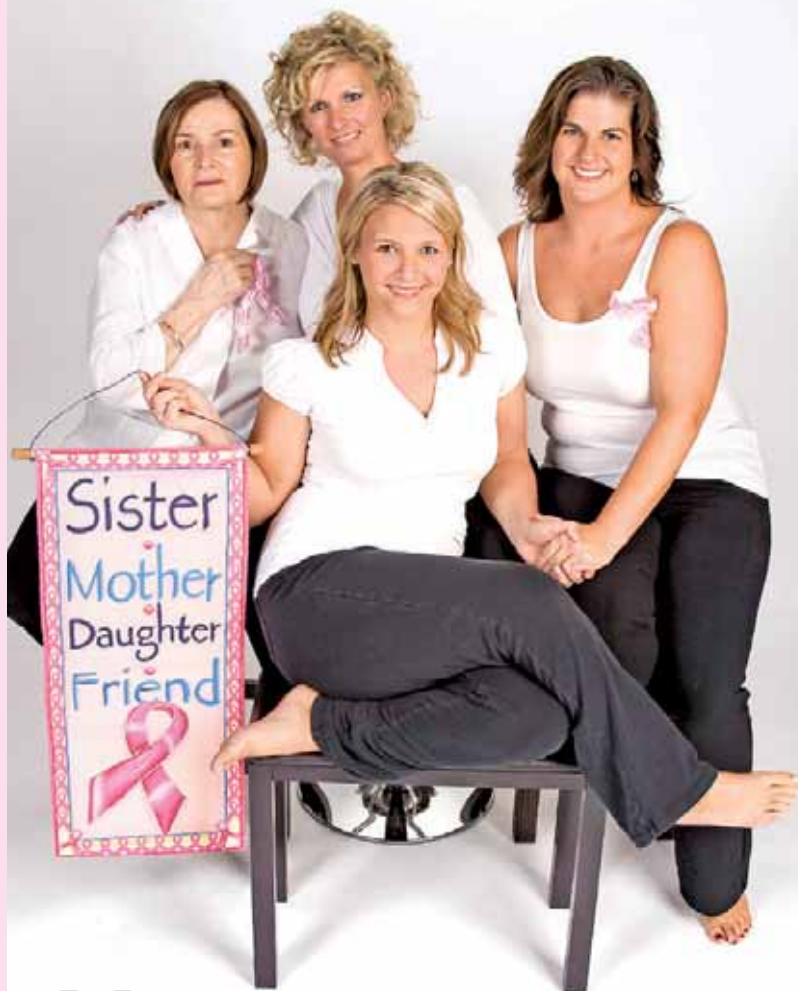
Andrea Plotnick of Hay Group, a global management consulting firm, said the findings which show higher-ranking leaders have lower stress levels aren't entirely surprising.

- "As you move up an organization and you're forced to make a lot more decisions with ambiguous information, lack of data ... if you worried about every single decision that you made, you'd never get anything done," said Plotnick, national expertise

director for organizational effectiveness. "First of all, you wouldn't be in that position — but you'd also never get anything done."

- "I think, over time, you get better at making those decisions," she added. "And maybe in some way, you sort of distance yourself a little bit from the impact and just get better at making those kinds of decisions makes it a little less stressful. So that's one part of it."

Breast Cancer Awareness Month



Metro thinks *pink*

‘Co-survivors’ play a lead role in recovery

Lean on me. The story of how a woman’s ‘tribe’ have been there to support her

KATHY ULLYOTT
Special to Metro Canada

For every woman diagnosed with breast cancer (and that will be 22,700 Canadian women this year alone, according to the Canadian Cancer Society), dozens more individuals are devastated along with her.

But that network of “co-survivors” — parents, partners, children, siblings, friends, co-workers — also plays a lead role in her recovery. From helping her make treatment decisions to holding her hand through chemotherapy to babysitting her kids for an hour, a cancer patient’s “tribe” helps her get through it and get well.

Meet 38-year-old Kate Kerr, a marketing executive and mother of two small boys. After growing up in the



Kate Kerr with son's Samuel, left, and Gabriel. CONTRIBUTED

UK, where her family moved when she was a small child, Kate moved back to Canada 10 years ago and in 2006, married her partner Don.

Eleven months ago, she was diagnosed with a highly aggressive form of breast cancer. In the long almost-year since then, she has had a mastectomy, chemotherapy, a second surgery to remove 13 lymph nodes and radiation.

“It’s only now sinking in

what my friends, work colleagues, have done for me,” says Kate. “If there were a book about the top 10 things to do for someone going through cancer, my family wrote that book.”

On the next pages, we introduce you to Kate’s “tribe” and how they have been there to support her, along with 10 pieces of advice on how you can help a friend with cancer.

Control your stress

Being mindful of health

When it comes to cancer, stress can be a cause and effect; reducing it is a big part of both the prevention and the treatment of illness.

Mindfulness meditation, the practice of clearing the mind through deep breathing exercises, is becoming an increasingly widespread part of healing and coping with cancer.

Dr. Miroslava Lhotsky, one of the facilitators of Mindfulness Meditation Toronto,

is a physician who spent years delivering bad news to women whose mammograms had revealed breast cancer. “You can imagine the kind of adrenaline that flows in their body and the fear they have,” she says. Now, she helps patients focus on the present moment and control their stress and anxiety through meditation. “It’s a skill that you have to develop.”

Lhotsky started leading mindfulness meditation sessions nearly a decade ago and has seen the practice grow in popularity. “(It) is one of those things that can change your

brain in a very positive way,” she says of the exercise. “It can control the pain, it can control the stress, it can improve your immune system.”

It’s also scientifically proven to work: studies show that with deep breathing, the movement of the diaphragm stimulates the parasympathetic system, which helps the body relax.

This relaxation is a key to good health, says Lhotsky. “Your lifestyle is so very important. This is just another way of getting into a good lifestyle.”

BRIGITTE NOEL

October is Breast Cancer Awareness Month

Here are steps you can take to help reduce your breast cancer risk:



Avoid Stress



Limit Alcohol



Get Active



Eat Well



Pass It On

Learn more by visiting www.cbcf.org/atlanlic

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Exemplary women

Hope, optimism and courage

Look Good Feel Better celebrated hope, optimism and courage in the face of cancer last week by honouring 20 exemplary women from across the country. LGFB says each of the honourees, in her own unique way, represents the Look Good Feel Better spirit and has helped the group achieve its mission of ensuring that no woman has to face cancer alone.

The honourees include:

Dr. Alexandra Ginty, MD, FacingCancer.ca blogger
Beverly Thomson, co-host Canada AM
Bif Naked, Canadian singer and songwriter
Catherine Brunelle, FacingCancer.ca blogger
Cynthia Mulligan, reporter and anchor, CityNews Toronto
Emily Duff, LGFB teen testimonial
Heather Bunting, LGFB workshop team leader
Dr. Jennifer Blake, MD, MSc, FRCSC Sunnybrook Health Sciences Centre
Joan Michetti, 20 Year LGFB volunteer educator and team leader
Johanne Robitaille Manouvrier, FacingCancer.ca blogger and author
Katie Evans, FacingCancer.ca blogger
Leslee Thompson, President & CEO, Kingston General Hospital
Libby Znaimer, VP News and TV host, Zoomer Media
Linda Kilburn, LGFB cover model and testimonial
Linda Lewis, editor-in-chief of MORE Magazine
Lisa Ray, Canadian actress
Dr. Margaret Fitch, PhD, MScN, Sunnybrook Health Sciences Centre
Dr. Marilyn Hundleby, PhD, R. Psych, Clinical Psychologist
Sharon Coburn, LGFB testimonial
Terri Wingham, FacingCancer.ca blogger

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Visit metronews.ca for more Metro Thinks Pink coverage, including beauty tips and how-to information.



The centre of the



Alexandra Pittortou, Kate's best friend

Alex has been Kate's best friend since they were six years old, growing up together in the UK.

When Kate was diagnosed, Alex dropped everything and flew to Toronto, arriving just before her mastectomy last November. When she returned home, she shaved her hair off – even before Kate had lost hers to chemo. “As children, we always had the same dolls, clothes and haircuts,” explains Alex, “So I thought, why should now be any different?”

Because she was too far away to offer practical help, “I decided the best thing to do was to let her know I was available for her to speak 24/7, and email daily just to be a sounding board if she needed it. Actually, my emails turned into being daily drivels of my life!”



Don Kerr, Kate's partner

As Kate's partner, Don was shocked when a doctor told him, early on, that divorce rates soar for couples dealing with breast cancer. “A few months in, I understood.” Cancer can expose all a relationship's vulnerabilities, he says; as the partner of someone with cancer, “Part of your reality is to be the outlet for all the fear, anger and frustration. You can feel like you're going 15 rounds with (boxer) George Chuvalo.”

A writer and branding specialist with his own marketing company, Grace Hanna Brandworks, Don began a blog, “Riding Shotgun,” on a cancer support web site, facingcancer.ca. “How do you give support and keep sane?” he wrote on Aug. 17. “From the shotgun seat you don't really have an option. At least on the supporting issue.” The best advice he got came from a fellow blogger on the site. “She said, a man's first instinct is to say, ‘I can fix this.’ But you can't; you can't fix this. So you're left to do... what?... The answer is to just be there. You can listen and hear, and let her know that you will be there for anything.”

Wendy Sanders, Kate's mother

As it happened, Wendy's parents had moved from England and next door to Kate and Don in Oakville the year before her diagnosis. As well as staying by Kate's side in “my darkest hours,” and nursing her through long nights of vomiting (anti-nausea drugs didn't work for Kate), Wendy took care of the Kerrs' home and meals and looked after their sons, Gabriel, 4 and Samuel, 2, while Don worked.

Wendy's parents' practical help extended to helping Kate research the type of cancer she had, possible treatments and medical experts. Spiritually and emotionally, says Wendy, “I needed to give her constant reassurance, hope and belief that we would work through this challenge together, that she wasn't alone.”



10 things you can do or say to help a friend with a cancer

Tip No. 1

Just be there

Phone or email regularly. Alex, who emails Kate daily, says, “Life went on for me, all the normal day to day trivia, but Katie's life changed direction completely. The least I could do was put aside some of my day for her, every day.”

Tip No. 2

Stay connected for the whole journey

You tend to get support through surgeries and chemo, says Kate, but knowing people are thinking about you through the end of the race “gives you the strength to continue.”

Tip No. 3

Think practically

Making meals, babysitting and running errands may sound trite, but relieving your friend of mundane but unavoidable responsibilities can be an incredible boost and allow her to focus on the task of recovery.

Tip No. 4

Get support yourself from other 'co-survivors'

At facingcancer.ca, cancer patients and their caregiving circles share experiences, advice, insight and strength.



ISTOCK IMAGES

circle



John Nishida, Kate's boss

"Kate isn't just a great and dedicated wife and mother, but she's also a stellar employee and a stellar professional," says John Nishida, Kate's boss and president of Pigeon Branding & Design, where Kate is vice-president of client services and strategy. Because he understood how important her career is to her, "I wanted her to continue to feel connected to the business, without worrying or having her stress about work at all."

John asked Kate if she would like him to email her a weekly update on the business; she loved the idea. "It was really to help her stay connected and let her know she didn't have anything to worry about. ... I think the role of any employer should be to give the person some peace of mind over things that can be a distraction."



Kate Kerr

"I was just a regular kind of person before – I pretty much lived my life on autopilot, which I now realize is not the way to live," says Kate. With her diagnosis in late October, 2011, "My life, my world, changed. For. Ever."

Booked for an immediate mastectomy, Kate came across a book in Toronto's Mount Sinai Hospital bookstore: *Anticancer: A New Way of Life* by David Servan-Schreiber (Viking, 2009). In it, Dr. Servan-Schreiber recommended three essential weapons against cancer: fitness, good nutrition and stress reduction. Kate seized all three, promptly buying a treadmill, adopting an anti-cancer diet and learning to meditate. Today she runs 30 minutes a day and is participating in a three-year program of mindful meditation.

"I discovered and am learning how to really live a full life, to make every moment count, to try to be a bigger, better person," she says. "Having gone through this breast cancer journey, my eyes are now opened, my ears are listening, and I am seeing life so, so differently. But it started with the support we were given right from the beginning: Overwhelming support and love of so many people that I could never have predicted."

ALL STORIES AND TIPS
COMPILED BY KATHY ULLYOTT

Andy Sanders, Kate's brother

Kate describes her older brother Andy as her "financial protector." A certified financial planner, Andy guided his sister through the financial challenges of cancer treatment and taking time off work. Much more than that, though, he was a steady rudder. "When I called Andy to break the news to him, his first words were, 'Katie, we're going to get through this.' That was huge for me because up till that point I was pretty sure that it was game over. Those were exactly the right words at the right time."

"My goal was to make sure Kate felt completely looked after, to give her some direction, focus, reassurance and hope that there are better days ahead," says Andy, whose approach is one of humour and compassion. "Just because somebody has cancer doesn't mean they've lost their sense of humour."



Exclusively online

- Look Good Feel Better is Canada's only cancer charity dedicated to empowering women to manage the effects that cancer and its treatment can have on their appearance. At the heart of the program is the free, two-hour hands-on workshop that comes complete with a complimentary cosmetic and personal care kit. Workshops are offered at more than 116 hospitals and cancer care facilities across Canada. lgfb.ca.
- Launched in 2010, FacingCancer.ca is a companion program to Look Good Feel Better, offering an online community where women with cancer and those who support them can share, confide and connect with each other to help manage the social and emotional effects of living with cancer. FacingCancer.ca



'Things I Wish I'd Known'

Resources for caregivers

The National Cancer Institute estimates that one in two men and one in three women will get cancer in their lifetimes. Along with these statistics is the reality that many of them will need a caregiver and advocate. Deborah Cornwall, a cancer survivor, wrote a book with those caregivers in mind. *Things I Wish I'd Known: Cancer Caregivers Speak Out*, provides caregivers with resources that cover everything from advocating for a cancer patient to how to take time out for yourself.

Muse

Post-mastectomy bra collection

The La Vie en Rose has created Muse, a new collection of post-mastectomy bras to offer women a chance to regain their confidence by feeling beautiful and looking great. The project started when one of its clients who, after undergoing a double mastectomy, approached the company about designing an empowering and desirable lingerie line for post-mastectomy women. lavieenrose.com



Tip No. 5

Admit you can't possibly understand what she's going through

But ask your friend to help you understand better, and to be blunt about what she needs.



Tip No. 6

Focus on the present

"It can be upsetting to try to look too far ahead into the unknown," says Andy Sanders. "But looking to the past invites comparisons that can be overwhelming. Celebrate all the victories you can in the present."

Tip No. 7

Let your friend talk, if she wants to

But as importantly, not talk if she doesn't want to.

Tip No. 8

Don't judge her treatment choices

Or offer opinions (unless asked).

Tip No. 9

Grow a thick skin

Particularly if your relationship is very close – that of a parent or partner – you may be the only person on whom your loved one can vent her terror or fury.

"You need broad shoulders, and you need to just suck it up," says Don.

Tip No. 10

Forgive yourself your mistakes.

"No sentient, feeling human can sustain a level of angelic care at all times," wrote Don on facingcancer.ca.

Now that we know the genetic codes for breast cancer, what does it mean?

Research breakthrough.

Armed with more knowledge about these cancers, scientists can better target treatments

MICHELLE CASTILLO

Metro World News

It was news that hit the front pages worldwide: A new study published in September 2012 in *Nature* has mapped out the genetic code of the various types of breast cancer and may give us insight in how to treat the disease more effectively.

But how to interpret all the medical mumbo jumbo?

What does it mean for you? Here's what we know:

What the scientists did

In order to learn more about the different types of breast cancer, the scientists took a closer look at their genetic code, including the RNA levels, the specific gene sequencing, how the genes added certain methyl groups and which proteins they created among other things.

They compared the genomes of the breast cancer to the genomes in the rest of their body.

"The question has always been, 'What's the underlying mutiology? What are the driving mutations that create the different breast



Now that researchers have mapped the genetic codes of the different types of breast cancer, they'll be able to target therapies more effectively. ISTOCK

cancer subtypes?" Ellis explained.

The researchers found about 40 differences between the different types of cancer.

One interesting finding was triple negative/basal-like cancers actually acted more like certain aggressive forms of ovarian cancer.

What the study showed us

Ellis said that while doctors knew that there were different subtypes of cancer, they didn't exactly know how to treat each specific type. Everyone who had breast

cancer would get similar blanket treatments.

Now, after these results, Ellis said researchers can focus their efforts on three therapeutic categories:

- Are there any tweaks to standard chemotherapy regimens that need to be made?
- Are there any targeted drugs that can be repurposed to effectively treat this type of breast cancer?
- What are the priorities for new drug development?

"By finding out the driving etiology (or origin)

underlying these subtypes of breast cancer we can now create new therapeutic hypotheses from this data," he explained.

What it means for the future

When it comes to triple negative/basal-like cancers, Ellis explained scientists can now see if drugs that treat ovarian cancer may be more effective than current protocols. But, there are some ethical dilemmas on whether doctors should switch to new treatments.

"Should we use ovarian-

style chemotherapy rather than the three drug treatment that has developed over 40 years of randomized trials?" he pointed out.

Another example is researchers found that all women with luminal A type cancers have a mutation in phosphoinositide 3-kinase, a cell receptor.

There are already drugs targeted to treat this type of mutation, so researchers can see whether current medication may also be able to help these cancer patients.

What we knew before

We've known since the late 1990s that breast cancer is four distinct types of cancer.

- **Luminal A.** A slow growing cancer that is positive to progesterone and estrogen receptors — meaning it is spurred on by these hormones — and negative for the human epidermal growth factor receptor 2 (HER2) protein, which is known to encourage the growth of cancer cells. It's known to have a low risk of recurrence.
- **Luminal B.** A fast growing cancer positive to both progesterone and estrogen receptors and HER2 negative. It's also known to have a low risk of recurrence.
- **HER2 type.** These breast cancers contain many types of gene mutations due to the HER2 protein and is a higher risk breast cancer than Luminal A and Luminal B.
- **Triple negative/basal-like:** A fast growing cancer that is negative to both estrogen and progesterone receptors and HER2 proteins. It's a high-risk version of breast cancer.

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Survivor crusades for restorative options after mastectomy

Reconstructed.

Naneve Hawke works to help patients return to the way they were prior to having cancer

BRIGITTE NOËL

Metro World News

A decade after her first breast cancer diagnosis, Naneve Hawke was told she was cured. She would only have a month to revel in this good news: a mammogram soon revealed the cancer had returned, and that this time, her breast would have to be removed.

Hawke was rattled. "I just couldn't fathom waking up with nothing there," she says of the mastectomy. "You have this constant reminder of cancer on your chest every time you look at yourself."

After days of online research, Hawke approached her doctor with a request for a skin-sparing mastectomy and same-day reconstruction: her cancerous tissue would be removed and a new breast mound would replace it, in one fell swoop.

Hawke says many women are unaware of their options when it comes to reconstructive breast surgery. While same-day reconstruction isn't available to all, medical advances now make it possible for

BRA Day

October 17 marks National Breast Reconstruction Awareness Day. For more information, visit bra-day.com.



National BRA day is October 17. ISTOCK

most breast cancer patients to consider some version of the procedure.

Surgeon Toni Zhong says reconstruction has come a long way in the last decade. "It's fantastic now," she says. "Even the implants that we're dealing with are much more natural appearing, and now we use patients' own tissue, their own body parts to restore their breast so it's basically as natural as possible."

Zhong stresses the procedure is about healing, not vanity. "I think it's vital for women to feel that when they look down

on their chest, that they have gotten over that cancer stage," she says.

For Hawke, the battle with cancer has become a crusade for patient advocacy. In 2010, she founded the BRA Committee, a group devoted to raising awareness and funding for breast reconstruction surgery.

"You can come out of this knowing, not only have they treated your cancer and hopefully cured your cancer, but you've also been restored to what you were before you had your cancer," Hawke says.

Study. Mammogram may up cancer risk in women with gene mutation

Mammograms aimed at finding breast cancer might actually raise the chances of developing it in young women whose genes put them at higher risk for the disease, a study by leading European cancer agencies suggests. The added radiation from mammograms and other types of tests with chest radiation might be especially

harmful to them and an MRI is probably a safer method of screening women under 30 who are at high risk, the authors conclude. The study can't prove a link between the radiation and breast cancer, but is one of the biggest to look at the issue. It was published Thursday in the journal BMJ.

THE ASSOCIATED PRESS



Mammogram. ISTOCK



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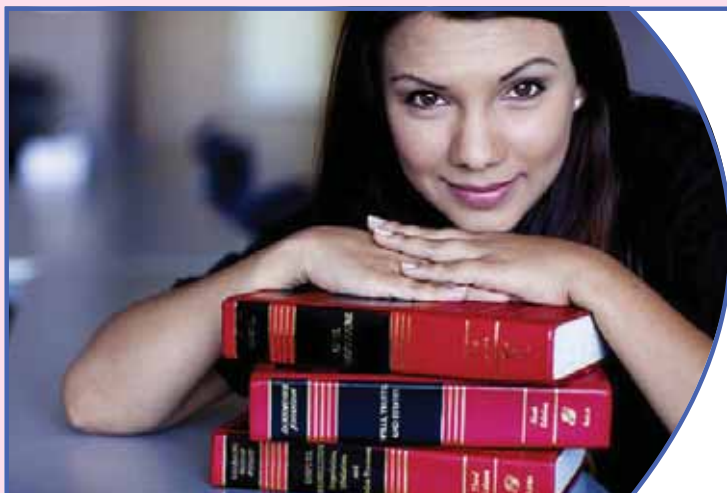
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Halifax Mooseheads winger Martin Frk, right, battles for the puck with Gatineau Olympiques defenceman Alexandre Carrier during the Herd's home opener on Friday night at the Metro Centre. Gatineau won 6-1. JEFF HARPER/METRO

Tough debut weekend teaches Moose a lesson

QMJHL. No longer a surprise, Mooseheads won't have any easy games



MATTHEW WUEST
matthew.wuest@metronews.ca

The Halifax Mooseheads say they learned a valuable lesson on the weekend.

"We're going to be a target," said Mooseheads head coach Dominique Ducharme. "Last year, we learned how to win, and maybe we surprised some teams. But now, everyone is going to be coming in and play-

ing us tight, especially defensively."

The Mooseheads, considered by many to be a QMJHL front-runner this season, delivered a dud on Friday and were blitzed 6-1 by the Gatineau Olympiques in front of 9,223 fans, the largest opening-night crowd in franchise history.

On Saturday, with 8,580 on hand at the Metro Centre, they shook off the disappointment and turned in a better effort, although they barely squeaked out a 3-2 shootout victory over the Cape Breton Screaming Eagles.

Neither team handed the Mooseheads the game just because they're the favourites. The Mooseheads may have

Up next

- The Mooseheads, 3-1, host the Bathurst Titan on Tuesday at 7 p.m.
- Over-age defenceman Steve Gillard, who sat out both weekend games with a lower body injury, is day-to-day and could return to the lineup.

suspected that before, but the weekend's results — particularly the opener — drove that message home.

"We've got to get up to play everybody," said Mooseheads

winger Darcy Ashley. "Gatineau came in here hungry ... and teams are going to come in here wanting to beat us. We've got to be ready for every game and play like it's a playoff game. If we do that, I'm confident we can win."

Perhaps most concerning out of the weekend is the fact the Mooseheads' high-powered offence scored just three goals in two games and has misfired on 12 straight power plays. Ducharme said it's a "question of confidence" and being "more patient."

"I think it's mental — hopefully it's mental," Ducharme said. "We've got to be stronger mentally because teams are going to be coming at us hard."

NSSBL

Moosehead Dry win championship

Dartmouth Moosehead Dry has won its 17th Nova Scotia Senior Baseball League championship.

Chris Head's double at the top of the 15th inning drove in the winning run as Dartmouth posted a 5-3 victory over the host Kentville Wildcats on Friday night.

Dan Comeau, who was named MVP of the playoffs, hit a home run in the first and had an RBI-single in the ninth to tie the game at three. Matt Harding had two doubles.

Craig Langille put in six innings of work on the mound and Jeff Reeves came on in the seventh. Shain Boudreau was credited with the win after taking over in the 14th.

It's Dartmouth's eighth championship in the past 10 years and advances the team to the 2013 Canadian senior championship from Aug. 22 to 26 in Windsor, Ont. **METRO**

AUS Soccer

Huskies men remain unbeaten

The Saint Mary's Huskies men's soccer team remains unbeaten with a 3-0 victory over the visiting Mount Allison Mounties on Sunday afternoon.

Saint Mary's is 5-0-2 on the season and tied for first with the Acadia Axemen and Prince Edward Island Panthers. Acadia knocked off the host Dalhousie Tigers 3-2 on Saturday.

In women's action on Sunday, Saint Mary's blanked the Mounties 2-0 at Huskies Stadium to improve to 2-3-2 on the year. As for Dalhousie, they moved into sole possession of third place with a 2-1 win over Acadia on Saturday at Wickwire Field. **METRO**

Huskies win at last, get company in AUS basement



Saint Mary's running back Michael Dawes rushes the ball earlier in the season. JEFF HARPER/METRO FILE

Big defensive plays and the legs of Michael Dawes paved the way for the Saint Mary's Huskies' first victory of the Atlantic University Sport football season.

The Huskies, winless in their first three starts of 2012, defeated the St. Francis Xavier X-Men 32-9 on Saturday afternoon in Antigonish.

Dawes, a second-year running back from Winnipeg, amassed 212 yards and a touchdown on 26 carries, while the defence put two touchdowns on the board in the fourth quarter.

"No doubt, the guys really earned it," said Huskies head coach Perry Marchese, who recorded his first career vic-

At the bottom

- The Huskies, X-Men and Mount Allison Mounties are tied for second, and last, in the AUS standings with 1-3 records.
- The Acadia Axemen are first at 3-1. The Huskies host the Mounties on Friday at 7 p.m. at Huskies Stadium.

tory. "They worked hard from the beginning to the end, just like they did the first three games. They just had a better fate today."

Although the X-Men led

9-2 late in the third quarter, the Huskies put 30 straight points on the board to take over the game.

Dawes tied it 9-9 going into halftime with a 27-yard touchdown run, then had a 33-yard dash in the third quarter to set up a field goal by Brett Lauther that gave the Huskies a 13-9 lead. Those were his biggest plays among many.

"Mike had a great game and any running back will tell you the same thing — without the O-Line up front moving people, they're not going to do too much, and our O-Line played great," Marchese said.

MATTHEW WUEST/METRO

Mobile sports



Qriket

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Europe's Sergio Garcia, left, Luke Donald and Justin Rose celebrate after winning the Ryder Cup on Sunday in Medinah, Ill. CHRIS CARLSON/THE ASSOCIATED PRESS

Europeans pull off incredible comeback to clinch Ryder cup

Golf. Poulter spurs record-tying achievement in Illinois

Erasing some of their worst Ryder Cup memories, the Europeans wore the image of Seve Ballesteros on their sleeves and played their hearts out on Sunday at Medinah to match the greatest comeback in history and head home with that precious gold trophy.

Europe got its payback for Brookline, when the Americans roared back from the same 10-6 deficit. This rally was even more remarkable, carried out before a raucous American crowd that began their chants of "USA!" some three hours before the first match

got underway.

Jose Maria Olazabal squeezed his eyes and fought back tears when Martin Kaymer holed a six-foot par putt — about the same length that countryman Bernhard Langer missed at Kiawah in 1991 — to beat Steve Stricker and give Europe the point it needed to keep the cup.

Tiger Woods missed a 3 1/2-foot par putt on the 18th hole and conceded a par to Francesco Molinari that halved their match, that extra half-point making it a clear-cut win for Europe, 14 1/2 to 13 1/2.

Woods and Stricker, the anchors in the lineup, didn't win a single match at Medinah.

"This one is for all of Europe," Olazabal said. "Seve

Sunday surge

The Americans also rallied from a four-point deficit to win in 1999 at Brookline. This was different, though.

- The Americans won big in those early matches. At

Medinah, so many of them could have gone either way.

- It was so close, so tense, that either side could have won the Ryder Cup down to the very end.

will always be present with this team. He was a big factor for this event for the European side."

Ballesteros died in May 2011 from complications associated with a cancerous brain tumour and the European squad paid tribute to the Spanish legend all week.

Ian Poulter was the first to embrace Olazabal, which was only fitting.

It was Poulter who gave Europe hope on Saturday evening when he made five straight birdies to turn a loss into a win and swing momentum in Europe's favour. Poulter was up to his tricks again on the final day, winning the last two holes in his match against U.S. Open champion Webb Simpson.

And he had plenty of help. Europe's top five play-

ers in the lineup all won, including Rory McIlroy, who was lucky to be playing. McIlroy thought his match was at 12:25 p.m. — it was listed in Eastern time, not Central — and needed a police escort to get to the course with 10 minutes to spare.

Then, he came up with key birdies to hand Keegan Bradley his first loss of the week.

The biggest match might have belonged to Justin Rose. He was on the verge of losing to Phil Mickelson when Rose holed a 12-foot par putt to halve the 16th, made a 35-foot birdie putt from the back of the 17th green to win the hole, and then closed out Mickelson with a 12-foot birdie on the last hole.

THE ASSOCIATED PRESS

NHL

Discussions focus on drug policy

The NHL and the players' association met for a third straight day Sunday, and again avoided the troublesome money issues that are fuelling the ongoing lockout.

The NHL drug policy, which was a key component of talks Friday when the sides got together for the first time since the lockout was imposed on Sept. 16, was the focus of talks again on Sunday.

Because of difficulty in finding common ground on how to split up revenues, the league and union concentrated all weekend on secondary issues that will be included in a new agreement. THE ASSOCIATED PRESS

Obituary

Figure skater Barbara Ann Scott dead at age 84

Barbara Ann Scott, the only Canadian to win the Olympic women's figure skating gold medal, died today at the age of 84.

The cause of death is not known.

Scott won Olympic gold at the 1948 Winter Games at St. Moritz, Switzerland.

She won the Lou Marsh Trophy as Canada's top athlete in 1945, 1947 and 1948. THE CANADIAN PRESS



Barbara Ann Scott in Ottawa in 2006. THE CANADIAN PRESS

NFL

Saints still seeking first win

Aaron Rodgers threw a go-ahead touchdown to Jordy Nelson in the fourth quarter, and the Green Bay Packers shook off a week's worth of controversy with a rally to beat the New Orleans Saints 28-27 on Sunday.

Garrett Hartley missed a 48-yard field goal attempt with just under three minutes remaining, costing the Saints a shot at the lead.

Drew Brees threw for three touchdowns for the winless Saints (0-4). Brees has thrown at least one touchdown in 47 straight regular-season games, tying the NFL's all-time mark set by Johnny Unitas. THE ASSOCIATED PRESS

Pats sink Bills with second-half outburst



New England's Brandon Lloyd makes a touchdown catch as Buffalo's Aaron Williams gives chase on Sunday, in Orchard Park, N.Y. GARY WIEPERT/THE ASSOCIATED PRESS

Once Tom Brady started connecting with his favourite receivers, there was nothing wrong with the New England Patriots.

Tom Brady led six straight touchdown drives in the second half to lead New England to a 52-28 rout of the Buffalo Bills (2-2) on Sunday. The Patriots (2-2) overcame a sloppy first half and a 21-7 third-quarter deficit to avoid their first three-game skid in 10 years.

"Down 21-7 and on the road, backs against the wall, and I thought we showed a lot of heart," Brady said. "That's

what this team is made of. And we're going to battle until the end, I know that."

Brady finished 22 of 36 for 340 yards and three TDs, plus one rushing.

Cornerback Devin McCourty had two interceptions, keying a defence that forced six turnovers and had three sacks.

Wes Welker had nine catches for 129 yards, and Ron Gronkowski had five for 104 yards and a TD as both players bounced back from first-half fumbles.

THE ASSOCIATED PRESS

Around the NFL

- **49ers 34, Jets 0.** Carlos Rogers returned a fumble 51 yards for a TD, and San Francisco ran for more than 200 yards in a blowout of the Jets.

- **Vikings 20, Lions 13.** Percy Harvin returned the opening kickoff for a TD and Marcus Sherels scored on a punt return early in the third as Minnesota improved to 3-1.

Jays' Lawrie yet to find right balance at major-league level

MLB. How third baseman acts on field 'an area of importance for everyone,' says Farrell

It appears that Brett Lawrie's greatest challenge in becoming an all-star-calibre player with the Blue Jays centres on reining in his emotions.

Manager John Farrell suggested that much on Sunday, speaking to the media after talking with the 22-year-old third baseman in a late-season exit meeting.

"Brett, he's learned in a number of ways," Farrell said before the Jays faced the Yankees on Sunday.

"He's dealt with a prolonged stay on the disabled list. He's learned from some of the emotion inside the game ... how to get a handle on it, and it's a work in progress, as it is for every player. What's the right level of intensity? How and where does it help him make an in-game decision?"



Brett Lawrie glares at umpire Mike Everitt after striking out at Rogers Centre on Saturday. CHRIS YOUNG/THE CANADIAN PRESS FILE

Before the game, Farrell refused to divulge exactly what he told Lawrie, but he did paint a picture of a young player who needs to adjust his game.

Lawrie, a native of British Columbia, was already popular

locally when he debuted with the Jays last year and symbolized the high expectations of the squad early in the season with a walk-off homer and a leap into the arms of teammates at home plate.

On the field, Lawrie's intensity boiled over at times. The most infamous was a helmet-slammung episode in May that led to a four-game ban that damaged his relationship with umpires.

Quoted

"I think in time he's a No. 3 hitter. His skill set still profiles that way."

Manager John Farrell on where he envisions Brett Lawrie hitting in the Jays' lineup down the road

Lawrie also made several base-running blunders, drawing attention away from the fact he has joined the AL's infield elite.

Farrell said he had constant conversations with Lawrie about being over-aggressive. Management wants Lawrie to filter out mistakes while maintaining his aggressiveness.

"When you try to find an optimal level where he can let his skills come out ... that (intensity) can take away some of that from him," Farrell said.

"You want players to be themselves. You can take a bit of (a lesson) from any number of players, but it's important to not forget who you are. He's got strong beliefs, and that's a good thing." **TORSTAR NEWS SERVICES**

Sunday's game

Yanks' power emerges late in Toronto

Brett Lawrie had a two-run home run in Sunday's game, his 11th of the year, but the Blue Jays wound up losing 9-6 before an announced crowd of 31,418 at the Rogers Centre.

Trailing 5-2 after six, the Yankees scored seven runs over the final three innings. The loss was the Jays' 89th of the season. They haven't lost 90 since 2004.

Toronto's Edwin Encarnacion, in contention for the AL home-run crown, left the game after the sixth inning with tightness in his shoulder and back muscles. He is listed as day-to-day.

TORSTAR NEWS SERVICE



New York's Eric Chavez rounds the bases after his home run off of Toronto's Henderson Alvarez on Sunday. GETTY IMAGES

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Rangers lock up playoff spot with double-header split

Closer Joe Nathan got the quick redemption he hoped for, and the two-time defending AL champion Texas Rangers are back in the playoffs.

They're still trying to win another division title.

Nathan ended a long day with his 37th save, after blowing a chance in the opener, and Mike Napoli homered twice while driving in six runs as the Rangers won 8-7 Sunday night for a doubleheader split against the Los Angeles Angels.

"Any reliever would ask to get out there and try and put this afternoon's game behind them," Nathan said. "The team over there is playing great, pushed us right the limit again. We've still got some work to do."

While overcoming a quick 4-0 deficit in the nightcap to assure themselves a playoff spot — and post-season berths for Baltimore and New York Yankees, as well — the Rangers (93-66) have to win at least once during



Third-base coach Dave Anderson congratulates Mike Napoli on a three-run home run Sunday in Arlington, Texas. GETTY IMAGES

their season-ending, three-game series at second-place Oakland for the AL West title.

"You would think there would be a letdown, but because these guys take each

game for what it is, there is no letdown," manager Ron Washington said. "Yes, it was a tough loss, the first one. ... Fell down 4-0, it was no big deal. They went out there and put some good at-bats together and they played with a lot of energy and Joe got a chance to redeem himself."

Los Angeles (88-71), which won the opener 5-4 on Torii Hunter's two-run double with two outs in the ninth off Nathan, trails the A's by three games for the AL's second wild card with three games left.

The Angels have to sweep their three-game series in Seattle and have Texas do the same against Oakland to force a tiebreaking 163rd game between the A's and Angels for the second wild card.

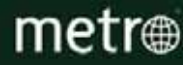
"These guys played their hearts out," manager Mike Scioscia said. "I don't know that you can ask much more than that."

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at Knox United Church on 567 Sackville Drive. Find out about a proposed trail along the Little Sackville River from Little Lake to Fultz House. **Come give your input.** Speakers are at 3pm & 7pm. More info at our website: sackvillerivers.ns.ca/sq or **865-9238**

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sofa...good for cottage
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Horoscopes

Aries

March 21 - April 20

Trust your instincts and don't let other people's doubts put you off doing what you know to be right. The more people say you are heading for a fall, the more likely it is you are on the right track.

Taurus

April 21 - May 21

You are who you are and that's the end of it. But it is possible to take who you are and make something of it that earns you respect. Make respecting yourself your main aim for the coming week.

Gemini

May 22 - June 21

You will find yourself in a situation where you have to defend yourself against allegations that you have been less than honest. Is it true? If so, own up to it and defuse the hostility quickly.

Cancer

June 22 - July 23

Don't give into the urge to change things around for the sake of it today because you will only have to change them back again later. You know the old saying: If it's not broken then why fix it?

Leo

July 24 - Aug. 23

You may not care what other people think about you, but the planets warn you need to see yourself from their perspective. If you don't, you may make a mistake that leaves you considerably less well off.

Virgo

Aug. 24 - Sept. 23

You have waited long enough as it is. Now, you must get started on a project that could and should transform your existence. Relationships are about to move into a more positive phase. That should help considerably.

Libra

Sept. 24 - Oct. 23

It may seem as if others are dragging their feet and making life difficult for you, and maybe they are. But you are also making life difficult for yourself. Think positive and don't let fear get a grip on you.

Scorpio

Oct. 24 - Nov. 22

Be careful what you say today because if you say the wrong thing, it could prove costly — financially and professionally. The wise course of action is to say nothing at all, at least for the time being.

Sagittarius

Nov. 23 - Dec. 21

You will come in for criticism today and although it may not be deserved, you can still learn from it. How do you do that? By learning to stay away from people who are negative.

Capricorn

Dec. 22 - Jan. 20

You must be honest in everything you do over the next 24 hours. If you cut corners or bend rules, the forces of authority will give you a hard time. You can still be Number One — somehow you always are.

Aquarius

Jan. 21 - Feb. 19

The planets warn you could be a bit too outspoken for your own good today. On the work front, in particular, you must watch the tendency to snap at colleagues when they are wrong. It won't be appreciated.

Pisces

Feb. 20 - March 20

When Venus changes signs in midweek, you will find that your attitude towards certain people is less confrontational. You can and you must protect your interests but you don't have to turn it into a war.

SALLY BROMPTON

Start With a Buffalo Springfield Song

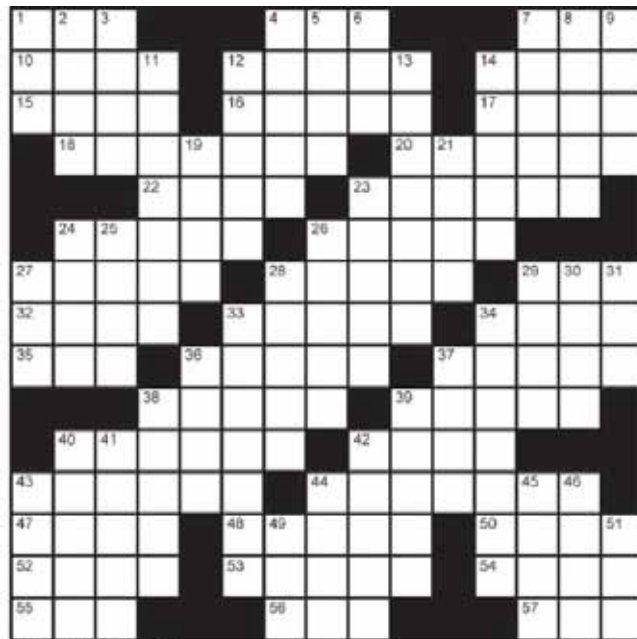
Across

1. "For What ___ Worth"
4. School fund-raising grp.
7. Apply gingerly, as make-up (with "on")
10. Neighbor of Cambodia
12. Fake name
14. Contend successfully
15. Former: poetic
16. Halifax-born singer McLachlan
17. Early poker pot maker
18. Fries, cheese, and gravy dish
20. Supernatural
22. Foreshadow
23. Like bad cell reception
24. Whole grains contain this
26. Bay of Naples island on which the Blue Grotto is located
27. Nonsensical
28. 1979 Ridley Scott thriller starring Sigourney Weaver
29. Cat extremity
32. Dickens' A ___ of Two Cities
33. Devote, as time
34. Climber's cord
35. Certain aliens
36. Diamond measure
37. Disinterested
38. Piglike nocturnal ungulate of the tropics
39. Links up with a space station
40. Attack vigorously
42. Bathroom fixture
43. Lighter fluid
44. Early French Canadian
47. Open a bit, as a door
48. Involving ships

50. Southernmost Great Lake
52. Added amounts
53. Mixes, in a way
54. Warbled
55. Sixth sense
56. Donkey
57. Beseech

Down

1. Island: Fr.
2. Waterproof canvas, for short
3. ___: "Comme si, comme ça"
4. Carpentry smoother
5. Michelin product
6. Small battery
7. Breakfast pastry
8. Fittingly
9. Red as a ___
11. Five o'clock shadow
12. Stage whisper
13. Patronized The Bay or Canadian Tire
14. Desert plants
19. Conservative Party member
21. Food on a cob
23. Christopher, Francis or, Augustine
24. Small Italian car being promoted in North America of late
25. Ailments
26. Unblemished
27. Sault ___ Marie
28. Canada's Earth Day is on the 22nd of this month
29. "The other white meat"
30. Planet of the ___
31. Married
33. Homo ___: modern



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humans
34. Alberta-BC border feature
36. James ___: TV's Las Vegas star
37. "My name is ___, James ..."
38. Bygone Russian despots
39. Uses an old phone
40. Served in its natural gravy, as roast beef

(2 wds.)
41. Philatelist's acquisition
42. Battle wounds
43. Air Force installation
44. Hertz rival
45. Resident of Morocco or Lebanon
46. "A stitch in time saves ___"
49. ___ loss for words (2 wds.)
51. Hen's product

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 8 | 7 | 3 | 4 | 9 | 2 | 6 | 5 |
| 6 | 5 | 2 | 7 | 1 | 8 | 4 | 3 | 9 |
| 4 | 2 | 9 | 6 | 5 | 2 | 8 | 1 | 7 |
| 8 | 6 | 5 | 9 | 2 | 1 | 7 | 4 | 3 |
| 9 | 7 | 3 | 5 | 6 | 4 | 1 | 2 | 8 |
| 2 | 1 | 4 | 8 | 3 | 7 | 5 | 9 | 6 |
| 5 | 4 | 6 | 2 | 9 | 8 | 3 | 7 | 1 |
| 7 | 9 | 1 | 4 | 8 | 3 | 6 | 5 | 2 |
| 3 | 2 | 6 | 1 | 7 | 5 | 9 | 8 | 4 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 7 | 3 | 1 | | 5 | | |
| | | 5 | | | | | | 3 |
| 8 | | | 2 | | | 6 | 7 | |
| | 3 | 4 | | 9 | 6 | | | |
| | | | 4 | 7 | | 1 | 9 | |
| | 7 | 2 | | | 8 | | | 5 |
| 9 | | | | | | 4 | | |
| | | 1 | | 6 | 2 | 3 | | |

Today

17°/12°
Variable

Tuesday

19°/12°
Variable

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